

CALGARY

metro®

NEWS  
WORTH  
SHARING.

Be in Demand. Get CPA Certified.  
**Accounting & Payroll Administrator**  
[www.startyourcareer.ca](http://www.startyourcareer.ca)  
**ROBERTSON COLLEGE** (403) 920.0070

## Honouring their daughter

Family members of Danielle Kendall posthumously accept her U of C engineering degree following Kendall's death

PAGE 3

## Surveillance in America

As U.S. asserts intention to continue with secretive surveillance, speculation swirls around leaker's next move

PAGE 9

## Feds set new rules on pot

Medical marijuana users will have to get their weed via mail order under new rules from Ottawa

PAGE 12

## A YOGA REGIMEN FIT FOR SWIMMERS

IMPROVE YOUR SWIMMING TECHNIQUE AND STAMINA WITH REGULAR YOGA PRACTICE

PAGE 19



# Cuts have students looking outside Alta.

### Post-secondary.

Saskatchewan, B.C. and elsewhere eyed as possible locations for university study

 **JEREMY NOLAI**  
jeremy.nolais@metronews.ca

Prospective Alberta post-secondary students are flooding universities in Saskatchewan with applications amid uncertainty over cuts to provincial post-secondary funding.

Schools in the neighbouring province, meanwhile, are committing tens of thousands of dollars in funding on recruitment campaigns targeting Calgary, Edmonton and other areas.

"We have been receiving calls and emails from students worried about (the cuts)," said Dan Seneker, manager of student recruitment at the University of Saskatchewan.

"They're kind of bypassing the Alberta school system and

### Quoted

**"I don't want to be in a province that doesn't care to invest in its universities."**

Student Brent Kelly

saying 'Get me out of here, I'm coming to Saskatchewan.'"

The Alberta government slashed funding for universities, colleges and polytechnics by 7.3 per cent in its 2013-14 budget, unveiled in March, kick-starting a scramble by schools across the province to determine what they could do without.

Seneker said he's fielding inquiries from guidance counsellors on behalf of students initially accepted to Alberta schools but who have since had their offer revoked as enrolment targets were trimmed. As a result, application deadlines for arts and science have been extended to July 1.

All told, the University of Saskatchewan expects 500 of its 3,000 new students this fall

to be from Alberta, a 15 per cent increase over last year.

At the University of Regina, meanwhile, applications from Calgary students have more than doubled, and they also jumped by half among Edmonton learners.

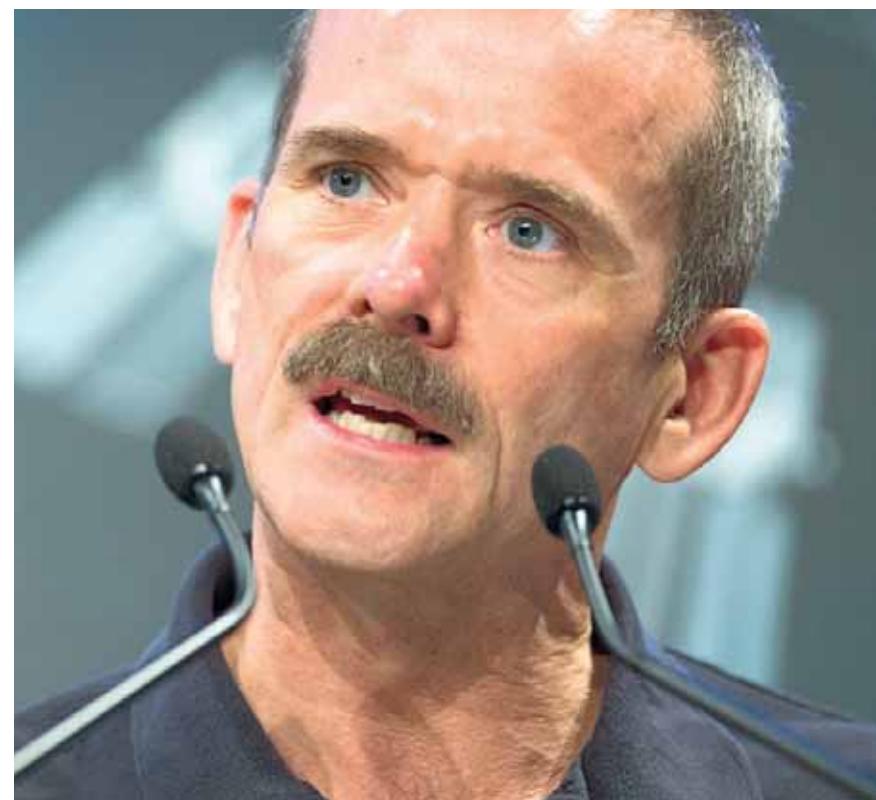
The U of R committed \$25,000 to recruit Calgary students specifically because of the March budgetary announcements, said school provost Tom Chase.

"Given that many families in Calgary have close connections to Saskatchewan and given that you do have a shortage of seats for qualified students in the Calgary region, we thought, Let's see if we can offer seats to people who are unable to find them," he said.

Elsewhere, Alberta undergraduate students such as Brent Kelly, who has nearly completed a political-science degree, are looking at B.C. and Eastern Canada as better venues for future studies.

"I don't want to be in a province that doesn't care to invest in its universities," he said.

WITH FILES FROM ANNALISE KLINGBEIL



## HADFIELD RETIRES

Astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. See story, page 10.

RICHARD PAUL CHIASSON/THE CANADIAN PRESS

What does your freedom look like?  
 Turn to page 6





**FIRST TIME EVER**

**0% FINANCING** **FOR 84**  
**MONTHS**

**ON ALL CHEVROLET GMC AND BUICK MODELS\***



P130942

**2013 GMC SIERRA 2500 HD**  
**DIESEL CREW CAB**

6.6L V8 DURAMAX DIESEL, TURBO, AUTO, A/C, REAR LOCKING DIFFERENTIAL, PWR OPTIONS, CHROME GRILLE, REAR-VIEW CAM, UNIVERSAL REMOTE, ONSTAR, REMOTE START, DRIVER CONVENIENCE PKG, BLUETOOTH, TRAILERING EQUIPMENT

MSRP: \$66,300

-\$2,000 MANUFACTURER'S REBATE  
-\$1,272 NO-CHARGE TRANSMISSION  
-\$4,539 CMP SAVINGS

**SALE:**  
**\$58,489\***

SEE PICTURES ONLINE! [CMPAUTO.COM](http://CMPAUTO.COM)

EARN 1000 AIR MILES\*

**\$160** /WEEK\*

OVER 100 SILVERADOS IN STOCK!

YOU SAVE OVER \$7,800!

**HURRY! SALE ENDS JUNE 22<sup>ND</sup>**

CMPAUTO.COM CMPAUTO.COM

2013 CHEVROLET **CRUZE** 1.8L 6-SPEED AUTO, STABILITRAK, REMOTE KEYLESS ENTRY, ONSTAR

MSRP: \$18,045  
-\$2,250  
-\$796



 **EARN 1000**  
AIR MILES REWARD MILES WHEN  
YOU BUY A CRUZE OR TRAX!\*

**SALE: \$14,999\***  
**\$43** /WEEK\*

2013 CHEVROLET **TRAX** 1.4L 6-SPEED AUTO, TURBOCHARGED, BOSE PREMIUM SOUND SYSTEM, ONSTAR, SIRIUS XM SATELLITE RADIO, BLUETOOTH

MSRP: \$27,680  
-\$1,002 CMP SAVINGS



**SALE: \$26,678\***  
**\$74** /WEEK\*

EARN UP TO **3,000**



AIR MILES REWARD MILES!  
FOR FULL DETAILS, VISIT [AIRMILES.CMPAUTO.COM](http://AIRMILES.CMPAUTO.COM)

SHOP OUR ENTIRE INVENTORY &  
SEE MORE SPECIALS ONLINE!

**CMPAUTO.COM**

Goodwrench Service

EXPERT SERVICE AT COMPETITIVE PRICES.



**SUMMER SERVICE SPECIALS**

**COOLANT SPECIAL****\$159.95****EMISSION SPECIAL****\$139.95****ALIGNMENT CHECK****\$49.95****CALL TO BOOK!****403-930-1543**

**CMP** GM  
CHEVROLET Cadillac BUICK GMC

CANADA'S  
BEST  
MANAGED  
COMPANIESAMVIC  
LICENSED**403-930-1634****CMPAUTO.COM**

1313 36 St. NE, Calgary, AB, T2A 6P9

BANKRUPTCY | DIVORCE | NO CREDIT  
NEW CREDIT | NEW TO CANADA

100% APPROVAL RATING

**403.569.5416**[CALGARYAUTOFINANCING.COM](http://CALGARYAUTOFINANCING.COM)

\*0% FINANCING AVAILABLE UP TO 84 MONTHS. SALES AND PROMOTIONS END JUNE 22ND, 2013. DEALER RESERVES THE RIGHT TO END PROMOTION AT ANY TIME WITHOUT NOTICE. SEE DEALER FOR FULL DETAILS. VEHICLES IN STOCK START FROM ADVERTISED SALE PRICE. PAYMENTS O.A.C. 1.0% FOR 84 MTH. (GST, \$20 TIRE) AND FEES (\$499 ADMINISTRATION, \$249.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

Three charged

## Teen freed from alleged human traffickers: Police

Three men from Montreal face human-trafficking and prostitution-related charges following a "reverse sting" that freed a 17-year-old from the sex trade, according to Calgary police.

"We transferred her to a safe, secure location," Staff Sgt. Robert Rutledge said of the victim, whom he described as under "psychological imprisonment."

Police allege the same suspects also forced a 19-year-old victim, who was known to the younger victim, into the sex trade.

The sting began when officers set up a meeting with the 17-year-old via an online ad, Rutledge said, where she was advertised as 19 years old.

Upon meeting in a hotel room, investigators recognized she was underage.

"Immediately once the officers identified themselves, she broke down and has been very co-operative," Rutledge said.

Police later arrested three suspects who were in the process of packing up to leave town, Rutledge added.

Darlande Leveau, 26, and Frederick Maignan, 24, face numerous human trafficking and prostitution-related charges, while Andy Afriany-Fafard, 23, faces one charge of unlawfully keeping a bawdy house.

Charges like these are likely just the "tip of the iceberg" of what's out there, according to Andrea Burkhardt, executive director of the Alberta Action Coalition on Human Trafficking.

"Our awareness of the issue is growing rapidly," she said.

ROBSON FLETCHER/METRO



Noreen Kendall, left, and husband Gordon address reporters prior to accepting a University of Calgary degree on behalf of their daughter Danielle Kendall, inset, who died climbing a volcano in Ecuador earlier this month. JEREMY NOLAIS/METRO, METRO FILE

# Scholarship to honour U of C climbing victim

### Danielle Kendall.

Aspiring engineer had collected rocks from 25 of world's mountaintops



JEREMY NOLAIS

jeremy.nolaus@metronews.ca

Family members were on hand Monday to posthumously accept a University of Calgary engineering degree after their beloved daughter and sister was killed climbing a volcano in Ecuador earlier this month.

Danielle Kendall, 22, died

doing what she loved, according to her father Gordon Kendall, who addressed reporters, along with his wife Noreen and children Graeme and Allison, before Monday afternoon's graduation ceremony.

"(Danielle) had 25 rocks from 25 mountain peaks," Gordon said, tears in his eyes.

A scholarship has been announced in Kendall's honour and will be awarded to one student each year from both the Schulich School of Engineering and the U of C Dinos track team.

Danielle was a rising star on the track squad, twice reaching the podium with

### How to donate

Donations can be made to the Danielle Kendall Endowment Fund at [netcommunity.ucalgary.ca/danielle](http://netcommunity.ucalgary.ca/danielle)

her relay teammates at the national championships earlier this year.

Her sister Allison competed on the team alongside Danielle and described her as a "protector" and a "leader."

"She was extremely fierce — nothing would get in her way," Allison said. "She'd be calm before anything, she knew what she needed to do

(and) she accomplished that task, no problem."

Danielle was on vacation in Ecuador over a week ago when she was struck and killed by a car-sized piece of ice that had broken loose near the summit of the Cotopaxi volcano, a popular destination for thrill-seeking tourists.

Efforts were made to resuscitate her, but she died on the mountainside.

Family members rushed to the South American country to claim her body. Gordon said an investigation by local authorities is ongoing.

A celebration of Danielle's life is planned for Friday.

1  
NEWS

## INTRODUCING PERKS, THE NEW REWARDS PROGRAM FROM SECOND CUP

Visit your nearest café to get a card and start earning  
FREE Beverage PERKS\*.



Scan here to learn more or visit [perks.secondcup.com](http://perks.secondcup.com)

\*At participating Calgary locations. ©TM Trademark of The Second Cup Ltd.



There's a little love in every cup.™



# Don't be a 'Lounge Lizard' or 'Funky Ferret,' Calgary Transit urges riders

**PSA.** Animals used as stand-ins for noisy, smelly people who hog seats

 ROBSON FLETCHER  
robson.fletcher@metronews.ca

Lazy lizards, dogs talking on cellphones, and rank rodents are part of a new Calgary Transit campaign aimed at encouraging good etiquette on city buses and C-Transit.

"It's meant to be a playful reminder of things that are important to other people on the bus," transit director Doug Morgan said. "We're not here to lecture people on behaviour."

Vancouver's transit system has seen success with a similar animal-themed ad campaign, Morgan added, as the creatures present a more neutral way of identifying bad behaviours

without stereotyping human beings.

The annoying animals in the ads include the "Lounge Lizard" (who takes up seats while others need them), the "Chatty Chihuahua" (whose loud talking on a cellphone annoys nearby riders) and the "Funky Ferret" (whose personal hygiene is questionable).

In addition to physical advertisements on transit and an online campaign, Morgan said, peace officers will also be "discussing" good etiquette with riders who don't observe the common courtesies.

Marie Cooper, who has been riding Calgary Transit since 1955, said the vast majority of riders are friendly and courteous but a small handful are "totally oblivious" to others, but not deliberately so.

"I think they're oblivious because they're on their cellphones and they don't even notice," she said.

Regular transit user Ray

## More details

The campaign was motivated by increased ridership on both C-Transit and buses, said transit director Doug Morgan.

- In addition to advertisements, Calgary Transit will use its official Twitter account, which has roughly 23,000 followers, to promote the campaign.
- More information is available online at [calgarytransit.com/courtesy](http://calgarytransit.com/courtesy).

Vantomme agreed, and hoped the campaign would make those rare riders a bit more mindful.

"I think they should be keeping a closer eye on what's going on around them," he said.



Transit riders Jeanne Pollock, left, and Lucie Lennon are forced to stand due to a "Lounge Lizard" taking up priority seating. The animal will be one of several featured in a new ad campaign. ROBSON FLETCHER/METRO



**4  
PAK**

9" 2-TOPPER PIZZA • 8 PC WING MEAL • 9" CHOCOLATE CHIP COOKIE • 9" WEDGIES • APPLE PIE

**PIZZA 73**

[www.pizza73.com](http://www.pizza73.com)

Over 20 locations in Calgary!

(403) 273-7373

**4** ITEMS FOR **\$24**

ADD A 2L

*Coca-Cola*

ONLY **50¢**



PLUS GET  
2 FREE  
CALGARY STAMPEDE  
CHILD ADMISSION  
TICKETS!

*Calgary Stampede*  
JULY 5-14, 2013

Always  
**OPEN**  
Late!

Some restrictions apply. Tax & delivery extra. While supplies last. Not valid in conjunction with any other offer. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. © Pizza 73 2013 0014725

# A goal 16 years in the making for Wickenheiser

**U of C.** Hockey legend finally scores her bachelor's degree at convocation ceremony

ALLISON  
PARDER  
calgary@metronews.ca

After 16 years of balancing books and her athletic career,

Olympic gold medallist Hayley Wickenheiser walked the stage Monday at her University of Calgary convocation ceremony, receiving her bachelor's degree in kinesiology.

Wickenheiser started her degree in 1996 at the U of C and also did a six-month term at Simon Fraser University. It was an important goal for her to complete her degree, and walking the stage was something she wouldn't

have missed.

"I remember vividly watching my mom walk across the stage when I was 10 (after finishing her degree) and how important that was to her and to all of us. I wanted my son to be able to see that," Wickenheiser said.

The faculty at the U of C supported Wickenheiser throughout her studies, accommodating her hectic sports schedule by allowing her to make up

exams and contribute while on the road. She also attributes her success to teammates on the Dinos hockey team.

"Thank God for the Dinos women's team — I had all those girls to help me out. As much as I might have helped them on the ice, they helped me off the ice," she said.

Wickenheiser plans to continue pursuing her education by applying for medical school in the fall.



Hayley Wickenheiser shakes hands with Jim Dinning, chancellor of the University of Calgary, at her convocation on Monday. RILEY BRANDT/UNIVERSITY OF CALGARY



Get up to \$200  
when you open a  
chequing and a  
savings account.\*

Make the BMOst of summer.

Visit a branch or [bmo.com/200cash](http://bmo.com/200cash) for details.

**BMO**  **Bank of Montreal**  
Making money make sense®

\*Terms and conditions apply. ®Registered trademark of Bank of Montreal.

## Anonymous names men allegedly preying on teen girls

A YouTube video released by Anonymous, which shows images of two men the hacktivist group alleges are sexual predators, has Edmonton police concerned about vigilante justice.

In the video, which is addressed to the citizens of Edmonton, Anonymous claims two local men attempted to lure 14-year-old girls for sex.

Before showing a video clip of one man and stating his full

name and that of his employer, the video says Anonymous has been waiting for police to prove they have apprehended the individuals.

"There has been no reply. This is unacceptable," the video states.

Anonymous says more names will be released if there is no action in 24 hours.

On Monday, Bob Andrews, the officer in charge of ALERT's

Internet child-exploitation unit, said Anonymous contacted them in May and Monday's video came as a surprise to police. He said officers have tried to work with Anonymous, but those behind the group have been "reluctant" to do so.

"I would caution anyone and everyone to not judge anybody by information that isn't complete," Andrews said.

ANNALESE KLINGBEIL/METRO

Be advised

Road detours ahead for southeast

Paving crews began work on 50 Avenue and Fairmont Drive S.E. Monday, and along with it come parking and lane restrictions in the area.

50th Avenue from Macleod Trail S.W. to Builders Road S.E. and Fairmont Drive S.E. from Glenmore Trail to Flint Road will see road milling, levelling and concrete repairs before paving later this month. METRO

## Northeast. Investigators called in after apartment building catches fire twice

Crews were called to a four-apartment complex on Centre Street N.E. around 8 p.m. Sunday, where they found a fire had started under a set of wooden stairs at the front of the building and spread to the lower apartment.

The fire was extinguished, but public-information officer Carol Henke said they were

once again called back around 6 a.m. Monday morning.

Henke said Calgary police arson investigators have been called in, though they haven't deemed the fire suspicious.

"We are looking at all the possibilities, because it's definitely not common for two separate fires to start at the same location." KATIE TURNER/METRO

# 'Eccentric and wonderful': Beakerhead coming

## Inaugural event.

Arts-and-science festival runs from Sept. 11 to 15



KATIE  
TURNER

katie.turner@metronews.ca

Arts, science and engineering will collide around Calgary in just a few months, as organizers announced some of the

### Learn more

- For more on Beakerhead, go to [beakerhead.org](http://beakerhead.org).

over-the-top events scheduled for the first Beakerhead festival.

"I've got to be honest — even I don't know exactly what it's going to look like but I'm sure it's going to be crazy and eccentric and wonderful," co-

founder Jay Ingram, formerly of the Discovery Channel's Daily Planet, said at the launch on Wednesday.

From Sustainival (an entirely green carnival and midway), to pop-up gathering places around the city, to mutant art cars parading through Calgary, the possibilities are endless, Ingram said.

"It's thinking about the entire city as a stage, and we want to put performances on

that stage."

Beakerhead received a \$400,000 from the province, money Minister of Culture Heather Klimchuk said is well-deserved.

"What appealed to me about this event is the inter-linking of science and technology, because we know some of the most scientific minds had a huge passion for creativity and are often artists in their own right," she said.



From left: Tourism Minister Richard Starke, Beakerhead co-founder Jay Ingram and Culture Minister Heather Klimchuk celebrate the launch of the festival on Monday in the East Village. KATIE TURNER/METRO

## What does your freedom look like?



You tell us what. We'll show you how.  
[tellusyourfreedom.ca](http://tellusyourfreedom.ca)



Freedom 55  
Financial

Freedom 55 Financial and design are trademarks of London Life Insurance Company.

## Drunk driving. Cop whose godson was killed steers awareness campaign

Mike Maniago was selfless — the kind of guy who played hockey for the love of the game, not money, and always made time for others.

At 20, he was a rising star with the Western Hockey League's Lethbridge Hurricanes. But a late-night outing for pizza with his brother in 2008 turned to tragedy when their vehicle was struck by another on Calgary's Marquis of Lorne Trail S.E.

Mike died at the scene, while his brother was seriously injured. Investigators later determined that the driver who hit them had been drunk.

"That's kind of the hard part that I find. You have good people — whether it's somebody I know or you do — and they are not able to help anybody else because of the actions of someone else," said police Const. Randy MacDonald, who was Maniago's godfather.

MacDonald has worked in the police traffic division for eight years and seen his share of impaired drivers. Now he's



Mike Maniago was just 20 when he was killed in a collision with an impaired driver in 2008. CONTRIBUTED

hoping an emotional video centred on him and Maniago's father, Bob, along with a competition spearheaded by the Calgary Police Service, will help spread the message that impaired driving is unacceptable.

People are encouraged to share their own videos about impaired driving and spread awareness through social media, including on Twitter by using the hashtag #hadenoough.

Anyone who shares the competition link is entered into a draw for one of four ride-alongs with city police.

JEREMY NOLAIS/METRO

## Oops. Housing complex vacant after being built without sewer main

All built up with nowhere to flush.

That's the problem faced by a city-owned affordable apartment building, after the tower went up but a critical sewer main was not installed.

"It's built and it's not hooked up to sanitation because we're at capacity," Ald. Gael MacLeod, who chairs the Calgary Housing Company, said on Monday. "So we have a Calgary Housing building that we're not able to fill."

City manager Owen Tobert said the city had outsourced the project management to a

private firm that hired another firm to supervise the work.

"They actually didn't get around to doing this sewage work," Tobert said. "It was shortly before occupancy that they realized, 'Jeez, we better put this main in.'"

The \$24-million, 88-unit building at 307-55 Ave. S.W. was originally set to open in May 2012, according to a city press release from April 2010.

MacLeod said it should take three months to fix the problem and residents should be able to start moving in by September. ROBSON FLETCHER/METRO



authorized dealer

CALGARY

Deerfoot Meadows  
(403) 253-1800

Northland Village  
(403) 247-8415

Marlborough Mall  
(403) 248-5554  
(403) 235-6779

Chinook Park Plaza  
(403) 252-2227

Macleod Trail Co-op  
Shopping Centre  
(403) 287-0870

2015 32 Ave. NE  
(403) 291-6801

Shawnessy  
Shopping Centre  
(403) 254-6901

Marda Loop  
(403) 265-5555

Gulf Canada Square  
(403) 261-2012

SunCor Energy Centre  
(403) 532-5994

Beacon Hill  
(403) 295-8006

South Trail Crossing  
(403) 257-6655

Crowfoot Crossing  
(403) 215-7300

17th Avenue Plaza  
(403) 974-3150

Beddington  
Towne Centre  
(403) 216-9363

T & T Supermarket  
(403) 230-3380

London Town Square  
(403) 219-2113

Aspen Landing  
(403) 727-2019

City Plaza  
(403) 263-7595

Okotoks  
(403) 995-9349

Airdrie  
(403) 948-9865

TD Square  
(403) 571-7760

London Place West  
Shopping Centre  
(403) 246-7333

5244 Falsbridge Gate NE  
(403) 280-5533

Market Mall  
(403) 202-0200

Sunridge Mall  
(403) 280-5151

Chinook Centre  
(403) 253-0229

Southcentre Mall  
(403) 225-6593

North Hill Centre  
(403) 202-1801

Deerfoot Mall  
(403) 275-3500

Get a \$35  
GOOGLE PLAY™ VOUCHER  
with select 3-yr. terms

# Faster is better.

## GET THE SAMSUNG GALAXY S4™ ON CANADA'S FASTEST & LARGEST LTE MAX NETWORK.<sup>1</sup>



Samsung  
GALAXY S4™

With LTE Max, we dedicate more spectrum in more places.

CALL 1 877 490-9486 | CLICK [rogers.com/galaxys4](http://rogers.com/galaxys4) | VISIT your local Rogers retail store

For more information on LTE Max, visit [rogers.com/LTEmax](http://rogers.com/LTEmax)

SMARTPHONE  
**FREEDOM**  
ADVANTAGE

FREE PLAN CHANGES | UPGRADE ANYTIME  
ROGERS TECHXPERT™ | DEVICE PROTECTION | PRICE MATCH

ROGERS™  
authorized dealer

WIRELESSWAVE™

WIRELESS etc...

FUTURE SHOP

Tbooth wireless



THE MOBILE SHOP

ROGERS™

LONDON DRUGS™

\*Available to new and existing customers with purchase of eligible device (Samsung Galaxy S4) and new activation on any Rogers post-paid plan between April 26 – June 30, 2013 with 3-yr. FLEXtab agreement. Subject to change without notice. Customers must have a Google Account and redeem online at [rogerspromotions.com/galaxys4gift](http://rogerspromotions.com/galaxys4gift) before July 30, 2013. Google Play voucher will be sent electronically or via mail (Canadian mailing address required). Allow 6-8 weeks for delivery. Limit one voucher per mobile number. Not redeemable/refundable for cash and may not be combined with any other offer. Voucher expires September 30, 2013. ©2013 Google Inc. All rights reserved. Google Play™ is a trademark of Google Inc. "Rogers & Mobius" design are trademarks of Rogers Communications Inc. &/or an affiliate. All other logos and marks are trademarks of their respective owners. 1 LTE Max refers to national network deployment of dual frequency 2600 & 2100 MHz bands, deployment of 2 x 20 MHz spectrum blocks and high concentration of dual frequency cell sites within LTE coverage area. Fastest based on tests comparing download speed vs. Bell and Telus' LTE networks and largest based on comparing respective network deployment of 2600 & 2100 MHz / 2 x 20 MHz blocks. LTE Max enabled device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Visit [rogers.com/LTEmax](http://rogers.com/LTEmax) for coverage details. For full details on Rogers Smartphone Freedom Advantage, visit [rogers.com/freedomadvantage](http://rogers.com/freedomadvantage). ©2013 Rogers Communications.

## Senate. Auditor general Michael Ferguson returns amid scandal

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson will meet on Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor to conduct a comprehensive review of Senate expenses. The chamber has been awash in scandal for months over improperly claimed expenses.

THE CANADIAN PRESS



Michael Ferguson THE CANADIAN PRESS

### Takeover cancelled

### Telus calls off its plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

Mobilicity, which has about 250,000 customers, said it will instead go ahead with a recapitalization plan, which will be voted on by debt holders on June 25.

"The company will continue to provide updates as warranted," Mobilicity said in a brief statement.

Telus had offered to pay \$380 million for Mobilicity, but its deal required the federal government to make an exception to certain rules.

However, Industry Minister Christian Paradis quashed that idea last week when he said the current rules would stand.

THE CANADIAN PRESS

### U.K.

### Six men sentenced to almost 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

The men, from the Birmingham area of England, had earlier pleaded guilty to planning an attack on the anti-immigrant English Defence League.

The plot failed when they arrived after the rally ended. They were caught by chance after a car was impounded for insurance violation. The vehicle contained guns, a homemade bomb and other weapons.

Judge Nicholas Hilliard said the suspects had intended to cause serious injuries and possibly deaths.

He said the men had immersed themselves in a "tide of apparently freely available extremist material." THE ASSOCIATED PRESS

# Ailing Mandela called an 'extraordinary gift'

### Serious but stable.

Desmond Tutu's foundation calls South Africa's former president the 'beloved father of our nation'

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an "extraordinary gift" to South Africa.

As family members visited South Africa's first black president in the hospital, the government announced — in only the second communication on Mandela since he was hospitalized Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peace-making role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife, Leah, to promote peace.

"We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and

### 'Ravages of time'

Mandela has been hospitalized several times in recent months.

- He has been particularly vulnerable to respiratory problems since contracting tuberculosis during 27 years as a prisoner of the government, the bulk of which was spent on Robben Island, off the coast of Cape Town, where Mandela spent part of the time toiling in a stone quarry.

Mandela was elected president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era.

"We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said.

On April 29, state television broadcast footage of a visit to Mandela's home by President Jacob Zuma and other ANC leaders. Zuma said then that Mandela was in good shape, but the footage — the first public images of Mandela in nearly a year — showed him silent and unresponsive, even when Zuma tried to hold his hand.

Some South Africans said that showing images of a clearly ill Mandela was inappropriate and appeared to reflect an attempt by the ruling party to benefit politically from its association with Mandela in the run-up to national elections next year.

THE ASSOCIATED PRESS



A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg on Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS



# SUMMER

Ladies **dresses** from \$10  
Ladies **tops** from \$7

Men's **sh**  
Men's **pa**

The Obama administration faced fresh anger Monday at home and abroad over U.S. spy programs that track phone and Internet messages around the world in the hope of thwarting terrorist threats. But a senior intelligence official said there are no plans to end the secretive surveillance systems.

### Snowden holds on in Hong Kong

An apparent international cat-and-mouse game was also in play, Monday. Edward Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's monitoring of cellphone logs and Web servers.

Hong Kong, a former British colony returned to China in 1997, has an extradition treaty with the United States. But China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake.

Snowden said he chose Hong Kong because of its "strong tradition of free speech." "The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

THE ASSOCIATED PRESS



Edward Snowden THE GUARDIAN

### Chinese cyber-security

Cyber-security was one of the main topics during the informal summit this weekend between Chinese leader Xi Jinping and U.S. President Barack Obama at an estate in the California desert where they also sought to build a personal relationship. But Snowden's presence in Hong Kong has already dragged China into what would have been a domestic issue for the United States. "It's going to be seen by both sides as an unwelcome distraction," said Jean-Pierre Cabestan, a China politics expert at the Hong Kong Baptist University. "This comes at a delicate time because of the Xi-Obama summit and the much bigger issues that both countries have to tackle and both governments and presidents have to discuss." THE ASSOCIATED PRESS



# 5 Latest developments in the U.S. snooping story

### International backlash

Germany's chancellor will raise the issue of the U.S. National Security Agency's (NSA) eavesdropping on European communications when she meets Obama in Berlin next week — the latest sign of the international backlash over America's sweeping electronic surveillance programs.

Obama has defended the once-secret programs that sweep up to an estimated three billion phone calls a day and amass Internet data from U.S. providers, saying they are a necessary defence against terrorism. He assured Americans on Friday that "nobody is listening to your telephone calls." That has given little assurance to Germans and other foreigners, who routinely use U.S.-based Internet sites for voice and data communications. European nations often have much stricter

privacy laws than those in the U.S., and their citizens defend those privacy rights with more vigour.

THE ASSOCIATED PRESS



### Iceland — asylum paradise?

From seafaring Vikings to digital dissenters, Iceland has always attracted outsiders.

This North Atlantic island nation has welcomed eccentric chess master Bobby Fischer, WikiLeaks secret-spiller Julian Assange and the online freedom advocates of the Pirate Party. Could its next guest be Snowden?

In an interview published Sunday outing himself as the source behind stories about the U.S. spy agency's online surveillance programs, Snowden floated the idea of heading to Reykjavik. He told The Guardian newspaper that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS

### Canada's privacy watchdog weighs in

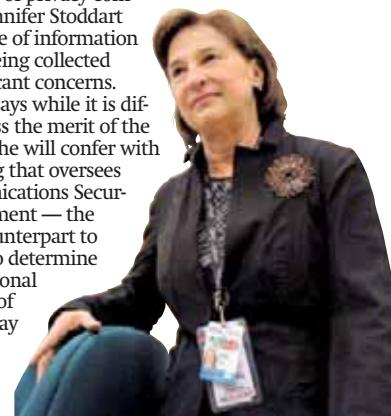
The federal privacy watchdog says she will look into any implications for Canada posed by possible U.S. government snooping on a wide scale.

The issue of data privacy is generating debate in federal circles following revelations NSA has been tapping into the information banks of American Internet giants.

The office of privacy commissioner Jennifer Stoddart says the scope of information reportedly being collected raises significant concerns.

Stoddart says while it is difficult to assess the merit of the allegations, she will confer with the watchdog that oversees the Communications Security Establishment — the Canadian counterpart to the NSA — to determine how the personal information of Canadians may be affected.

THE CANADIAN  
PRESS



# SALE ON NOW!

Shirts from \$15  
Pants from \$15

Kids tops and shorts from \$7...and more!  
Visit hm.com for a complete list of stores.

## Nuclear liability. Feds propose raising cap to \$1B from \$75M

Nuclear operators will face a liability ceiling of \$1 billion, up from the current \$75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join

### Public service

### Feds propose new sick leave policies

The federal government wants to revamp its sick leave and disability policies for the public service in an effort to reduce high levels of absenteeism.

A new short-term disabil-

ity program would replace the present system of banked sick days, Treasury Board President Tony Clement told a news conference Monday.

The existing long-term disability program, which kicks in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added.

THE CANADIAN PRESS

# Star astronaut to keep his feet firmly on Earth

### Canadian Space

**Agency.** Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters near Montreal.



Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't de-

cided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his re-

cent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video.

THE CANADIAN PRESS



**Hurry in for \$0  
smartphones,<sup>1</sup> PLUS  
a \$50 bonus gift.<sup>2</sup>**

**koodo**

Good call

Offer ends July 4, 2013.



► FUTURE SHOP



(1) Price with the Tab. Subject to approved credit. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.

**Calgary**  
Chinook Centre  
CrossIron Mills  
Market Mall  
Marlborough Mall  
Southcentre Mall  
Sunridge Mall  
Westbrook Mall

**Red Deer**  
Bower Place

**Southern Alberta**  
Medicine Hat Mall  
Park Place Shopping Centre

# Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

## An end to an ill fitted off the rack suit



Now a hand cut, hand stitched suit is within your reach through BMV Bespoke, one of Hong Kong's highly respected custom tailors. BMV has been creating custom crafted suits for over 50 years, and have built their reputation on attention to detail, offering fine fabrics and affordability.

BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out

with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just \$59 upto \$250 & suit starting at \$329 goes upto \$3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

Once an order is placed, the craftsmanship begins almost immediately, thanks to today's digital technology. You will receive your suit within 4 to 6 weeks after your custom fitting, or you can request express delivery, where your suit will be delivered within 10 business days. You also have the option of having BMV bring your suit during their next visit to your city.

BMV's most expensive suit, made of luxurious cashmere, sells for only \$3,500, which is considerably less than places like the Savile Row suit company.



## BMV BESPOKE

### Hong Kong Showroom

BMV BESPOKE, Unit C, 10/F Century House,  
3-4 Hanoi Rd. T.S.T. Kowloon, Hong Kong.

Tel. (852) 2466 1699 / 9194 3755 Fax. (852) 2467 1699

Email: [info@bmvbespoke.com](mailto:info@bmvbespoke.com)

Website: [www.bmvbespoke.com](http://www.bmvbespoke.com)

Each and every detail will be covered at the time of fitting.

### SPECIAL MEN'S PACKAGE

1 Suit 1 Blazer  
1 Trouser 2 Shirts

\$650  
CAD

### SPECIAL LADIES PACKAGE

1 Jacket 1 Skirt  
1 Trouser 2 Blouses

\$650  
CAD

Book an advance appointment online on [www.bmvbespoke.com](http://www.bmvbespoke.com) or call us on +1 647 400 3711 or +1 778 385 3592 during our tour Business Hours 10am-8pm (By Appointment Only)

Toronto Park Hyatt  
10th-12th June (12th June until 6:00 pm)  
4 Avenue Road, Toronto, Ontario M5R 2E8  
Tel.: 416-925-1234

Toronto Sheraton Airport Hotel & Conference Centre  
13th-15th June (15th June until 6:00 pm)  
801 Dixon Road, Toronto, Ontario M9W 1J5  
Tel.: 416-675-6100

Ottawa Delta City Centre  
16th-17th June (17th June until 4:00 pm)  
101 Lyon Street N, Ottawa ON K1R 5T9  
Tel.: 613-237-3600

Calgary Hyatt Regency  
18th-23rd June (23rd June until 5:00 pm)  
700 Centre Street SE, Calgary, Alberta T2G 5P6  
Tel.: 403-717-1234

Vancouver Hyatt Regency  
24th-25th June (25th June until 5:00 pm)  
655 Burrard Street, British Columbia V6C 2R7  
Tel.: 604-683-1234

London Hilton Ontario  
26th-27th June (27th June until 6:00pm)  
300 King Street, London, Ontario N6B 1S2  
Tel.: 519-439-1661

You can only reach us on above hotel numbers during our stay or can call us on +1 647 400 3711 or +1 778 385 3592 between June 10th - July 1st. Please ask for BMV Bespoke or Mr. William Bal at the hotel reception.

# Ottawa lines up new rules for pot

## Medical marijuana.

Patients allowed to buy prescribed amounts only from licensed growers who will be required to meet strict conditions

After two years of study and discussion, the federal government has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Health Minister Leona Aglukkaq rolled out the regulations Monday for formal publication in the Canada Gazette on Wednesday.

Under the new regime, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home.

Health Canada said since the medical marijuana program was introduced in 2001, it has expanded to



A budtender rolls a marijuana cigarette for a patient at a medical marijuana dispensary in Los Angeles. Under new rules in Canada, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home. DAVID MCNEW/GETTY IMAGES FILE

30,000 people from the original 500 authorized to use the product.

"This rapid increase has had unintended consequences for public health, safety and security as a result

of allowing individuals to produce marijuana in their homes," the department said in a news release.

"Under the new regulations, production will no longer take place in homes

and municipal zoning laws will need to be respected, which will further enhance public safety."

In previous versions of the regulations, pharmacies were to distribute the prod-

uct just like other medications, provoking concern from pharmacists, who expressed concerns about dispensing a product without sufficient research. They also cited security concerns.

The final version removes the pharmacists from the loop, leaving patients to rely on mail order for their medical marijuana.

"While the courts have said that there must be reasonable access to a legal source of marijuana for medical purposes, we believe that this must be done in a controlled fashion in order to protect public safety," Aglukkaq said in a statement.

"These changes will strengthen the safety of Canadian communities while making sure patients can access what they need to treat serious illnesses."

She used similar reasoning last week when she introduced new hurdles for the creation of supervised drug-injection sites in response to a court ruling.

THE CANADIAN PRESS

## Reaction

### Changes won't protect people, critics say

Physicians and pharmacists questioned the regulatory changes, saying there is little evidence that medical marijuana is either effective or safe.

The umbrella group representing the country's colleges of physicians and surgeons said the changes won't protect people.

"We believe that the new federal medical marijuana regulations put patients and the general public at risk," Dr. Rocco Gerace, president of the Federation of Medical Regulatory Authorities of Canada, said. "Physicians should not be asked to prescribe or dispense substances or treatments for which there is little or no evidence of clinical efficacy or safety."

## Canadians don't understand realities of strokes, poll finds

Canadians don't have a great understanding of the realities of strokes, with nearly one in five thinking most strokes are fatal, a new poll suggests.

One in six Canadians seem to believe there is nothing a stroke survivor can do to prevent future strokes and more than one-third think the recovery period is limited to a few months. These statistics are included in the Heart and Stroke Foundation's annual report on stroke.

The report says 50,000 strokes occur in Canada each year and 315,000 Canadians are living with the effects of stroke. The foundation says



Liz Inness of the Balance and Mobility Clinic helps stroke survivor Janet Raymond exercise in a lean and release balance assessment tool at Toronto Rehab recently.  
JESSE JOHNSTON/THE CANADIAN PRESS FILE

those numbers will rise as the population continues to age.

Dr. Sean Dukelow is a physiatrist (a specialist in rehabilitation medicine) at the Hotchkiss Brain Institute Faculty of Medicine and the University of Calgary. He says more rehabilitation research is needed to figure out what help stroke survivors need and to develop ways to assist them.

The report says stroke costs the Canadian economy \$3.6 billion a year in physician services, hospital costs, lost wages and decreased productivity. It is the third-leading cause of death in Canada.

THE CANADIAN PRESS

## Search and rescue

### Air force told year ago to vary hours, report reveals

The Canadian air force was told well over a year before being rapped on the knuckles by the auditor general that varying its hours of search-and-rescue operations would mean significantly improved response times for people in

distress.

The Defence Research and Development Canada analysis says tinkering with the schedule would give joint rescue centres more leverage "to save lives without increasing" the staffing levels of air force units.

Despite the conclusion of the March 2012 report, the recommendation gathered dust until the military was taken to task in April by the auditor general, who found

the rescue system is close to the "breaking point." In response, Defence Minister Peter MacKay "encouraged" local commanders to adjust their hours of operation.

The military is currently required to get a rescue aircraft off the runway within 30 minutes of an emergency call between 8 a.m. and 4 p.m., Monday to Friday, and within two hours outside that window.

THE CANADIAN PRESS

# Officer lied at Dziekanski inquiry, Crown tells trial

## Perjury charges.

Bentley first of four officers to stand trial for their testimony at the inquiry

An RCMP officer who was involved in the death of Robert Dziekanski almost six years ago has pleaded not guilty to lying at a public inquiry into the case.

Const. Bill Bentley is the first of four officers to stand trial for their testimony at the inquiry, which examined what happened when Dziekanski was stunned with a Taser at Vancouver's airport in October 2007.

Bentley's trial opened with a list of half a dozen times the Crown alleges Bentley lied during the inquiry, particularly when it came to a sentence in his own police notes that said Dziekanski ran at the officers screaming.

The indictment alleges Bentley lied when he testified he believed his police notes were accurate, as well as when he told the inquiry he believed the error was due to being confused about the sequence of events during the confrontation.

## Background

### Facts about the first perjury trial

Some facts about Robert Dziekanski's death at Vancouver's airport:

**Dziekanski's death:** The Polish immigrant was moving to Canada to live with his mother. Dziekanski, who spoke no English, spent nearly 10 hours in Vancouver's airport, lost and unable to communicate with anyone. He became distraught and started throwing furniture, prompting



RCMP Const. Bill Bentley arrives to testify at the Braidwood inquiry into the Taser-related death of Polish immigrant Robert Dziekanski in Vancouver. Bentley is on trial on charges of perjury for his testimony at a public inquiry into Dziekanski's death. DARRYL DYCK/THE CANADIAN PRESS

It also alleges Bentley lied when he offered the inquiry explanations for apparent errors in his subsequent statement to homicide

investigators, such as his contention that it appeared Dziekanski was looking for a weapon shortly before he was stunned. **THE CANADIAN PRESS**

bystanders to call 911. Four RCMP officers responded, and within seconds of arriving, one of the officers stunned Dziekanski repeatedly with a Taser. He died on the airport floor.

**Aftermath:** Several weeks after Dziekanski's death, a video shot by a witness named Paul Pritchard emerged. The video appeared to contradict the official story from the RCMP, showing Dziekanski calm with his arms at his side as police officers arrived.



The officers' testimony: Bentley, Const. Kwesi Millington, Const. Gerry Rundell and Cpl. Benjamin Robinson all testified at the inquiry, each telling the commissioner Dziekanski was stunned because they believed he was about to attack them with a stapler.

**Perjury charges:** Bentley is the first to stand trial, in front of a judge. The others are expected to face separate jury trials in November of this year and February 2014. **THE CANADIAN PRESS**



## THIS IS MY NISSAN.

PRESENTING OUR NEWEST, MOST FUEL EFFICIENT LINE-UP. EVER.

### FIRST TIME BUYER PROGRAM

[NEWBUYER.SUNRIDGENISSAN.COM](http://NEWBUYER.SUNRIDGENISSAN.COM)

•0% FINANCING •\$500 DOWN •NO CO-SIGNER REQUIRED •NO CREDIT REQUIRED

QUALIFIES FOR NEW BUYER PROGRAM



SN417564

2013  
PATHFINDER  
\$31,718

\$208  
B/W\*



SN669292

QUALIFIES FOR NEW BUYER PROGRAM



SN006404



2012 VERSA S MANUAL 120142 2012 ALTIMA V6 SR

**LAST ONES LEFT!**  
SUMMER SERVICE SPECIALS CALL NOW TO BOOK! GET \$25 OFF YOUR NEXT SERVICE!  
403-207-2466

SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM

**SUNRIDGE NISSAN**

403-291-2626

SUNRIDGENISSAN.COM

3131 32 Ave NE, Calgary, AB

\*96 MONTHS FINANCE @ 4.99%, \$0 DOWN \* 240 MONTHS LEASE @ 5.99%, \$0 DOWN \* 36 MONTHS FINANCE @ 4.99%, \$0 DOWN \* SEE DEALER FOR FULL DETAILS.

PAYMENTS D.O.C. PRICES INCLUDE ALL TAXES AND FEES EXCEPT GST. ERRORS & OMISSIONS EXCEPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.



# Ghost plane raised from English Channel

**Second World War bomber.** German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been



Lifting equipment raises a German Dornier bomber from the English Channel off Deal, southern England, on Monday. Divers discovered the aircraft, remarkably intact, in 2008. GARETH FULLER/THE ASSOCIATED PRESS

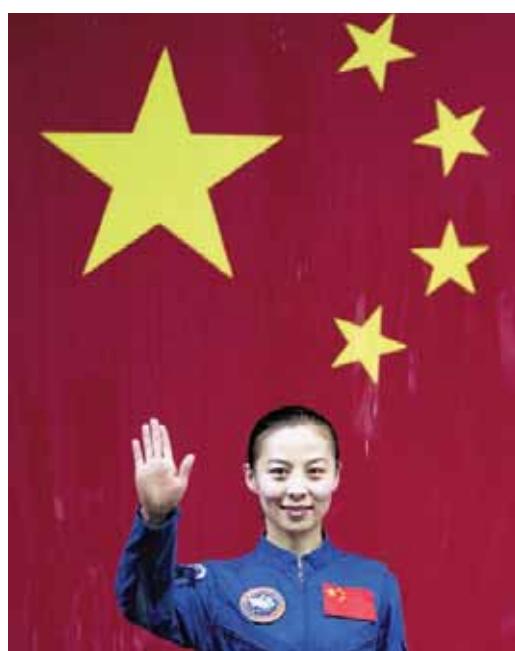
trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged despite the passage of time.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in

1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS



## China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. The crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

### Social-media crackdown

**Kuwaiti woman jailed for 'insulting' emir tweets**

A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

THE ASSOCIATED PRESS

THEY CAN'T  
BUILD IT  
UNTIL YOU  
DESIGN IT

WHAT WILL YOU DESIGN  
AS AN ENGINEERING CAD TECHNICIAN GRADUATE?

NOW ACCEPTING  
APPLICATIONS  
FOR SUMMER TERM  
CALL TODAY  
1.877.414.0200

DIGITAL School  
YOUR BIM & CAD COLLEGE  
#304, 10205-101 STREET, EDMONTON

digitalschool.ca

Stylish urban architecture  
lives at Walden.

walden  
park

ESTATE HOMES  
STARTING FROM THE

\$515s



ARRIVA 2 MODEL HOME NOW OPEN

### LIMITED OPPORTUNITY

- Larger estate lots
- Great selection of homesites
- Eclectic architectural styles
- Walk-out lots
- Unique urban-modern elevations
- Front landscaping included

Sales Centre: 14 Walden Close SE • 587.350.1129

Built for real life.  
CARDELHOMES.COM

CARDEL  
HOMES



Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

## Alcohol ads influencing teen girls, medical journal says

**Risks of drinking.** Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

THE CANADIAN PRESS

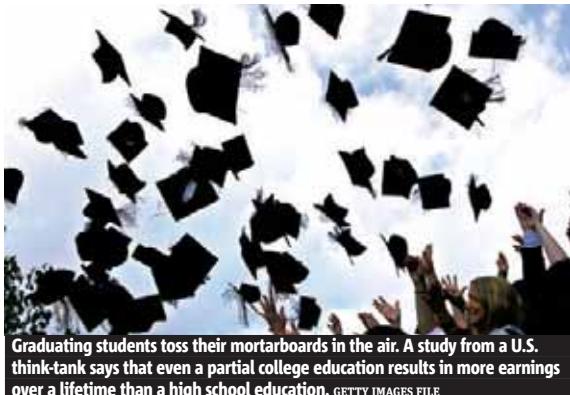
### Montreal

#### High jobless rates, income inequality creating cynicism, OECD head says

High unemployment and growing income inequalities have undermined public confidence in global institutions, the head of the one of the world's leading economic think-tanks said Monday.

"But I think the evidence says that fears of dropping out, that there are big downside risks to trying it and not finishing it, I think those are overblown. For people who are interested in college, who have ambitions of going and have the ability and qualifications to succeed, I think the evidence suggests it's an extremely good deal right now."

THE CANADIAN PRESS



Graduating students toss their mortarboards in the air. A study from a U.S. think-tank says that even a partial college education results in more earnings over a lifetime than a high school education. GETTY IMAGES FILE

"Today we have lost the trust in government, we have lost the trust in political parties... in everything that we built as a society for 100 years and now there's an enormous degree of cynicism," Angel Gurria told an economic conference in Montreal.

Gurria, secretary-general of the Organization for Economic Co-operation and

## Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent against leaders shows how the company continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

THE ASSOCIATED PRESS

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the company's board.

THE ASSOCIATED PRESS



Walmart CEO Mike Duke speaks at a company shareholders' meeting in Fayetteville, Ark., on June 7. GARETH PATTERSON/THE ASSOCIATED PRESS

### Transition

#### Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
98.14¢ (+0.08¢)

**TSX**  
12,382.67 (+9.37)

**OIL**  
\$95.77 US (-26¢)

**GOLD**  
\$1,386 US (+\$3)

**Natural gas:** \$3.80 US (-3¢)  
**Dow Jones:** 15,238.59 (-9.53)

## Earning power. College pays off even for dropouts with debt, new study finds

It sounds like the worst of all worlds — borrowing money for college, then dropping out and facing the debt without a degree.

But a new study argues that the investment in even a partial college education is still worth it, amounting to average earnings of \$100,000 US more over a lifetime than for those who merely finish high school. That's a better investment return on average than stocks and bonds — though of course much lower than the return on college for those who finish.

"It is vastly better to get

a college degree," said Adam Looney, policy director at The Hamilton Project, the Washington, D.C.-based think-tank that authored the report.

"But I think the evidence says that fears of dropping out, that there are big downside risks to trying it and not finishing it, I think those are overblown. For people who are interested in college, who have ambitions of going and have the ability and qualifications to succeed, I think the evidence suggests it's an extremely good deal right now."

THE CANADIAN PRESS

### Montreal

#### High jobless rates, income inequality creating cynicism, OECD head says

High unemployment and growing income inequalities have undermined public confidence in global institutions, the head of the one of the world's leading economic think-tanks said Monday.

"Today we have lost the trust in government, we have lost the trust in political parties... in everything that we built as a society for 100 years and now there's an enormous degree of cynicism," Angel Gurria told an economic conference in Montreal.

Gurria, secretary-general of the Organization for Economic Co-operation and

Development, said voters are turning to strange options, sometimes just because they offer something different.

The situation is particularly acute in Europe where unemployment, especially among young, is high and inequality between rich and poor has grown.

People also see that many large multinational corporations pay little or no taxes. "Put it all in a cocktail, shake it and of course it blows (up) in your face."

Gurria said international organizations must re-examine their roles in light of the new paradigm and economic situation since the economic crisis. "We probably forgot that, in the end, this is all about people, we forgot that in the end if it doesn't help people it doesn't really matter that much." THE CANADIAN PRESS

## Fast food. Focus on value items helps McDonald's global sales to rebound

Cheap eats and new menu items helped McDonald's boost a key sales figure in May, bouncing back from a decline the previous month.

The world's biggest hamburger chain said Monday that global sales rose 2.6 per cent at restaurants open at least a year, helped by an extra Friday in the month. In the U.S., the figure rose 2.4 per cent, as the Dollar Menu and its new chicken wraps and egg white breakfast sandwiches lifted results.

McDonald's has been struggling to increase sales as it faces changing eating habits and weak growth in the broader restaurant industry. Late last year, the company reported a decline in the monthly sales fig-

### Value focus

- McDonald's is trying to attract price-conscious customers by touting its Dollar Menu and other promotions, such as two Big Macs for the price of one. Some analysts say the strategy is bad for profit margins but the company says it's necessary to steal market share.

ure for the first time in nearly a decade. Soon after, it ousted the head of its U.S. division and renewed its focus on value and refreshing its menu.

THE CANADIAN PRESS

## HAND BAGGER \$29.32 hourly 40 hrs. per week

Material handling needed for Graymont Western Canada Inc.

**SEND RESUMES TO**  
260, 4311-12th Street, N.E.  
Calgary, AB, T2E 4P9

or Apply by email to  
graymont.western.jobs@  
canadaemail.ca or  
by fax to (403) 291-1303



## Adventure! Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

**1.888.270.2941**

Job Guaranteed!

Next in-class course: June 19th- 23rd, 2013

Next Seminar: June 11th, 2013 @ 7pm

Travelodge Hotel - 2227 Bonif Trail NW

[www.globaltesol.com](http://www.globaltesol.com)



# WHY THE #@\$% CAN'T I SWEAR?

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the over-reacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown con-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

frontation over our \$18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket

two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type

to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

### Duck's swan song in Hong Kong



IMAGINECHINA/REX FEATURES

#### Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

#### Quoted

**"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"**

Florentijn Hofman  
Dutch conceptual artist



Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

#### Polygon:

One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

#### The Escapist:

An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended

on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

#### Joystiq :

AOI's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

#### Twitter



Hopefully they retweet!

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca



Joan and Melissa Rivers continue to sound off on fashion faux pas on their show *Fashion Police*. THE ASSOCIATED PRESS

# Joan Rivers turns 80, plans to work 'forever'

## No fashion foxy.

Show biz veteran talks about her decision to do *Fashion Police* and the snark that keeps her young

stage a Joan Rivers "takeover." Its regular one-hour edition of *Fashion Police* (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of *Fashion Police*, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsopoulos, all of whom can deliver

shrewd analysis as well as piercing gibes at red-carpet infractions.

But *Fashion Police* is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a *Crash Magazine* party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers"

are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!'"

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS



## This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindle and the friends begin to turn on each other. Based on a short from 2007 called *Jay and Seth vs. The Apocalypse*, Rogen and Goldberg have cobbled together a comic gem in *This is the End*. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecating department. And while the last few Rogen-backed comedies have felt a bit stale, this one is as fresh and fun as *Pineapple Express* — complete with a camcorder-filmed *Pineapple Express* sequel.

LIZ BROWN

2  
SCENE

FREE  
**ULTRA AVX**  
AUDIO VISUAL EXPERIENCE  
**MOVIE PASS**  
OR  
1,000  
**SCENE**  
**POINTS!**



\* WHEN YOU BUY ANY MOVIE OR TV SERIES FOR DAD!  
THOUSANDS OF TITLES TO CHOOSE FROM AT CINEPLEX STORE.COM

OFFER ENDS JUNE 30<sup>th</sup> 2013



Will Smith. ALL PHOTOS GETTY IMAGES

## Will there be life after Earth?

Will Smith is doing his best to laugh off the disappointing box office performance of his latest film, *After Earth*, which opened in third place its first weekend before dropping to No. 7 its second. "Now let's be honest. *Three* is the new one," he jokes during an interview

with Jimmy Kimmel. "Do you know how many ones it takes to make a three?" On a more serious note, Smith admits the news was hard to take that opening weekend. "Oh man, that was tragic," he says. "It's been almost two decades since I had a movie that wasn't No. 1."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Go to heel:  
Sarah gets her  
foot in the shoe  
biz door**



THE WORD

Dorothy Robinson  
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in *Sex and the City*, is launching



her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to *Vogue*, she is teaming up with George Malkmus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left.



Amanda Bynes

## Is an Amanda Bynes rap album in our future?

At least someone is taking Amanda Bynes' claims that she should make a rap album seriously, as Daniel Herman of Chinga Chang Records says he has offered the troubled starlet a deal. "I cleared the project with the Orchard and Sony Entertainment, and they gave me the green light to go ahead," Herman tells *Radar Online*.

"The fact that Amanda wants to do hip hop music means that Chinga Chang is the best place for her to do this," Herman, who has "reached out to Amanda's attorneys to negotiate the deal," is already looking to get her first hip hop feud up and running: "I think she's more gangster than Drake," he says.

**BECOME A  
HEALTH CARE AIDE  
IN LESS THAN 5 MONTHS!**

**11 CERTIFICATE PROGRAM INCLUDING**

- Government of Alberta Health Care Aide
- St. John's Ambulance (First aid, CPR, Automated External Defibrillator)
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHMIS, Palliative Care
- 3 Clinical Placements (Hospital placements available)

**PLUS  
REDUCED TUITION FEES IN EFFECT!**

**CALL TODAY 403.232.8758**

**Abes**  
www.abes.ca

**"I am very fortunate and very proud that I completed the Program at ABES. ABES' hands on training has prepared me for the demands of the health care industry. I really enjoyed the classroom instructions and the people around me. I would recommend this program to anyone who wants a fulfilling career."**

**- ABES HCA GRADUATE**



Justin Bieber

## You won't find him in da club

Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to *E! News*. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper the Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away. He seemed really embarrassed."

## Prince Harry moonlights as Prince Charming

Prince Harry is living up to his title, at least according to one fellow soldier who claims the young Royal came to his defence after receiving threats from other soldiers over his sexuality. Lance Corporal James Wharton writes in his new memoir, *Out in the Army*, about an incident during training in Canada in 2008 when six other men threatened to attack him. "I told him: 'I think I'm about to be murdered by the infantry,'" Wharton recalls. "He had a complete look of

bewilderment on his face. I didn't hold back: I told him everything that had gone on. I couldn't stop the tears from welling up in my eyes. He said, 'Right. I'm going to sort this s--- out once and for all.' Harry climbed out of the tank and started having a go. I worried he was about to make the whole thing worse, but he wasn't holding back. Prince Harry was sticking up for me and putting a stop to the trouble. I had been on track for a battering and had been rescued."

### Twitter



@JuddApatow

I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.



@ElizabethHurley

On way to Moscow. Two hours sleep. zzzzz on flight.



@pattonoswalt

The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

# Hold your breath and dive in, it's yoga for you swimmers

**Summer trend.** Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA  
MCGUINNESS  
life@metronews.ca

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your



**She gets a 10 out of 10 for effort.** WSPORTS CONCEPTS

shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis.

"But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for

long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

## It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shal-

### Get started

#### Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

low and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally.

"This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

#### Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

#### Cow face arms with strap

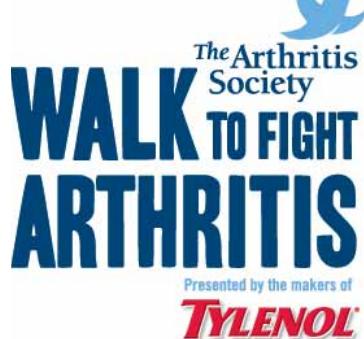
Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put

your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

#### Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your finger-tips to rest on the front of your toes. Lift your rear

leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.



**Thank you for making The Walk to Fight Arthritis a success!**

**Many thanks to these generous Calgary sponsors:**



**Bennett  
Jones** LLP

**intelliBED**

CANACCORD Genuity  
Wealth Management

**ExecSuite**  
RENTALS

**GoodLife  
FITNESS.**  
The good life. Made easy.



**Husky Energy**

**IRONWOOD**  
BUILDING SYSTEMS



**Walton**

Gavin Young Photo \* Hurricane Productions \* Nanton Water \* Safeway \* Southland Transportation \* Spolumbo's  
Superior Lodging Corp \* The Carriage House Inn \* Van Houtte \* Wi-Com Solutions Inc.

3  
E  
E  
E

# The next stage in my life

I wanted to let you know I have not even finished my first bottle of Menopause and already I have had amazing results. After about two weeks I saw a decrease in hot flashes and now in the final week of my bottle I have had a great reduction in the number and severity of the hot flash. I cannot thank you enough for this product.

Kerry Baker, BC

This product is a miracle!! I have been experiencing interrupted sleep for years due to peri-menopause. After only 1 week I am sawing logs. THANK-YOU!

Merci, Pam

When I started taking Menopause I was having 15-20 hot flashes per day and within two weeks they were reduced to two during the night and maybe two during the day. Your product is amazing and taking only one a day is very convenient. Thanks for making my menopausal days that much easier.

Diane Lindsay, Picton, ON

## Menopause from A.Vogel

- Reduces the severity and duration of hot flashes and night sweats
- Made from fresh, organic sage plants
- Effective with only one pill per day



Designed by nature.  
Proven by science.



Visit  
[www.avogel.ca](http://www.avogel.ca)  
for advice, tips  
and support  
options.

A.Vogel

Pioneer in Natural Health  
since 1923

A Vogel

**Sleep problems.** Don't spend the whole night tossing and turning, these tips can help you get back to your dream land quickly

Summer's here — the sun is shining and you may be feeling restless and unable to sleep.

Lack of sleep can often come upon us when the seasons shift. The heat and humidity of warmer months can make it difficult for some to sleep, especially for people who don't have air conditioning.

Canadian physicians recognize the importance of a good night's sleep. One way

### Sleep aids

A variety of over-the-counter (OTC) medications are available to treat occasional sleeplessness.

- **Get help from meds.** For more tips on getting a better night's sleep, visit [zzzquil.ca](http://zzzquil.ca).

to improve your sleep is to maintain a cool bedroom temperature. Here are some other useful tips.

### Make your day work for you.

Daily exercise and a consistent routine of going to bed and waking up at the same time will help program your body to wind down when it's time to sleep. Calming activities, such as leisure reading, will also help you relax and ease the transition into deeper sleep.

### Create a sleep sanctuary.

Dim the lights in the evening to tell your body bedtime is approaching and sleep in a dark room. Your bedroom should be a sanctuary from all the stresses of the day.

### Keep it cool, quiet and free from distractions.

While room lights, TV, computers and other electronics illuminate our worlds well beyond nightfall and give us the ability to stay active after dark, scientists are

now contemplating how this prolonged exposure to light might interfere with our bodies' naturally-programmed sleep patterns. In other words, computers, cellphones and work assignments should be out of sight.

### Have a backup plan.

Lessen the pressures of trying to fall asleep by selecting a calming activity that's right for you. If you're not sleepy, simply get out of bed and do something relaxing in dim light. Return to bed only when you are sleepy.

### Talk to your doctor if sleeplessness persists.

Sometimes lifestyle changes and behavioural approaches are not enough to correct the issue.

NEWS CANADA



Ensuring you get a good night's sleep is easier than ever. ISTOCK PHOTOS

# Forget counting those sheep before you sleep



## BUYING CANADIAN HAS NEVER FELT SO GOOD.

Always Liners feel comfortable and they lock away wetness 5x better\*. Plus, they're made right here in Canada. That's comforting to know.



*always*

\*vs Always Incredibly Thin Liners.

<sup>†</sup>With domestic and imported parts - Avec des matières nationales et importées

Available at



\*\*\*/\*\*Trademarks of Loblaw's Inc. Used with permission. All rights reserved. Loblaw's Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with Procter & Gamble. © P&G Inc., 2013 AZM14-075

## Best Health

**Sunshine, lollipops and ... allergies?**

**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy—called solar urticaria—is very rare, affecting an estimated 0.5 per cent of people.

“Some 10 per cent of the world’s population might have a skin reaction when exposed to the sun,” says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now.

And we’re not talking about sunburn here.

The reactions can be broken down into two types: sun allergy and sun sensitivity.

“People with an allergy

will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives,” Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun. But unlike other allergies, it’s not life-threatening—just uncomfortable.

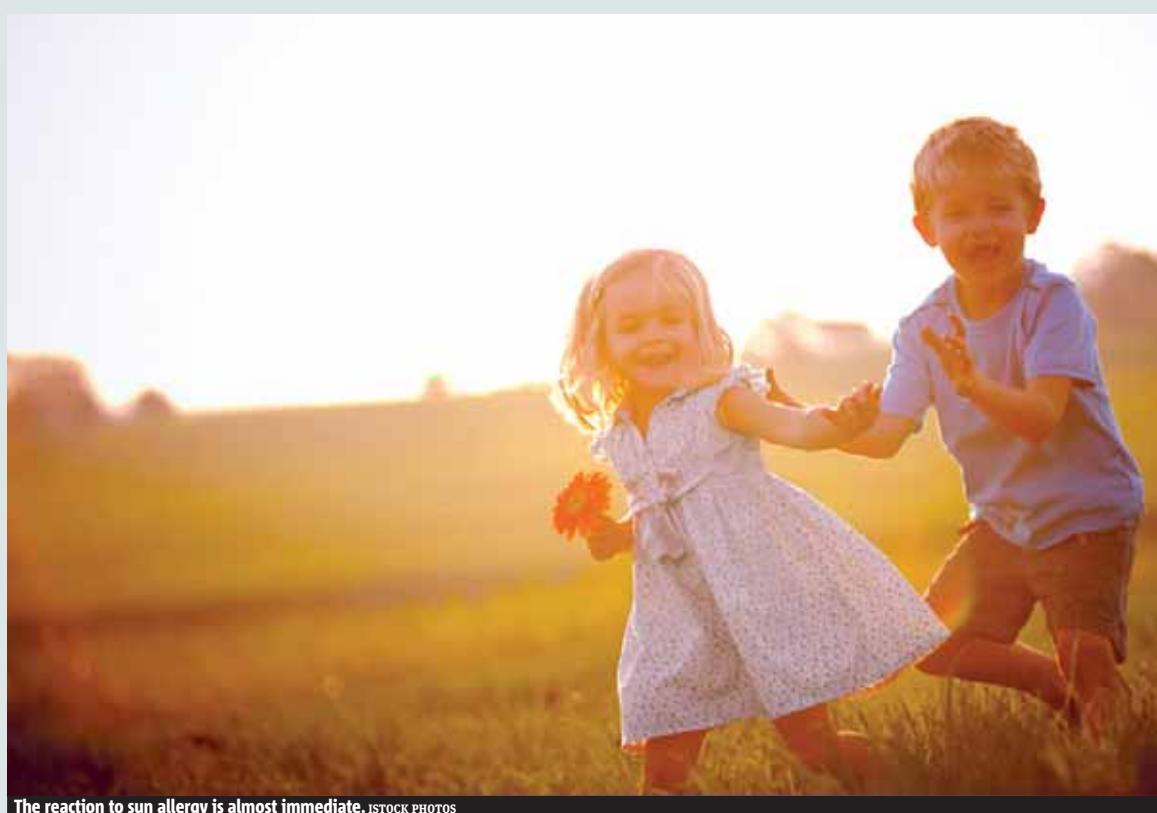
Sun sensitivity, on the other hand, is far more common.

It’s characterized by little red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn’t happen until later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called polymorphous light eruption, which is an internal immune system reaction to sun exposure.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA/METRONEWS](http://BESTHEALTHMAG.CA/METRONEWS).**



The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

# Pain relief 101: know your meds

**Health issues.** Opioids can be highly addictive and anti-inflammatory drugs have been linked to a whole list of health issues

‘Tis the season to get outside and enjoy the sunshine with friends and family. But for the 10 per cent of Canadians

that are living with osteoarthritis (OA), enjoying the warm weather isn’t always easy. Activities such as biking, golfing and gardening, for example, may be a challenge if they are suffering with chronic knee pain.

“The pain of knee OA can not only impact one’s lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health,” says Dr.

Philip Baer, Rheumatologist. “Working with a doctor to develop an individualized treatment plan can help patients with knee OA better manage their pain, so they can reconnect with their lives.”

While there are a number of medications available to reduce the pain and discomfort associated with OA of the knee, it’s important to ensure that pain is managed in the safest way possible. Following these tips can help.



You may have joint pain but get to know the issues with your medications before taking anything. NEWS CANADA

**OVERWEIGHT**      **MEMORY LOSS**      **DRY /or/ ITCHY EYES**  
**TENDONITIS**      **SORE MUSCLES**      **MOUSE ELBOW...**

**THESE ARE THE WARNING SIGNS YOU NEED TO PAY ATTENTION TO!**

**JOIN OUR LECTURE SERIES ON HEALTH!**  
**EVERY DAY FROM TUESDAY - SATURDAY, LUNCH HOUR 12PM - 1PM**  
**ADDED SESSION FROM 4:30PM TO 5:30PM**  
**BRING YOUR LUNCH OR SNACK - WE PROVIDE FRUIT & TEA**

**BOW RIVER WELLNESS CENTRE**  
**1116, 738 - 3rd Ave. SW**  
**HRS Mon - Sat 10AM - 6PM**  
**403.255.5288**  
**[bowriverwellness.com](http://bowriverwellness.com)**

**Know the risks**

There are risks associated with some pain relievers. Opioids, for example, may be highly addictive, while gastrointestinal bleeding has been reported with use of non-steroidal anti-inflammatory drugs (NSAIDs), and high doses of acetaminophen can lead to liver toxicity. There are other treatments, however, that can provide effective pain relief, are non-addictive and well-tolerated.

**Don't mix**

The effect of some medications can sometimes be increased or decreased when administered in combination with other medication, including prescription and over-the-counter (OTC) drugs, and even food. A health-care professional can advise on any potential interactions between medications.

**Don't overdo it**

As specified by a health-care professional, when taking prescription and OTC medications, including acetaminophen or ibuprofen, do not

exceed the maximum daily recommended limit.

**Read and follow the label**

Always follow the instructions for use of any prescription and OTC medications. It is also a good idea to address outstanding questions or concerns with a health-care professional.

**Talk to a doctor**

People with chronic pain should always consult their physician before beginning a new medication.

NEWS CANADA



USE TOGETHER, AND  
WHITEN YOUR SMILE  
IN JUST **2 DAYS.**<sup>†</sup>



THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

What will a 3D White™ smile do for you?

<sup>†</sup>By removing surface stains.  
Crest® 3D White™ toothpaste fights cavities

life opens up when you do

**crest**

**3D WHITE™**



LANALANGLOIS/VEER

## STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has

taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers

that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs

memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. — Peter Boyle

## YOU'LL BE DREAMING IN NO TIME

Follow these tips to fall into dream land..

**1** A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

**2** A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

**3** Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while



alcohol can make you drowsy, drinking too much interferes with sleep.

**4** Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

**5** Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

**6** Massage. I'll rub your back if you rub mine. A few minutes of massage



will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

**7** Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

**8** Create an ideal sleep environment. Do whatever you need to promote



sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

**9** Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend \$1,000 on one that you find comfortable.

**10** Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

— Peter Boyle



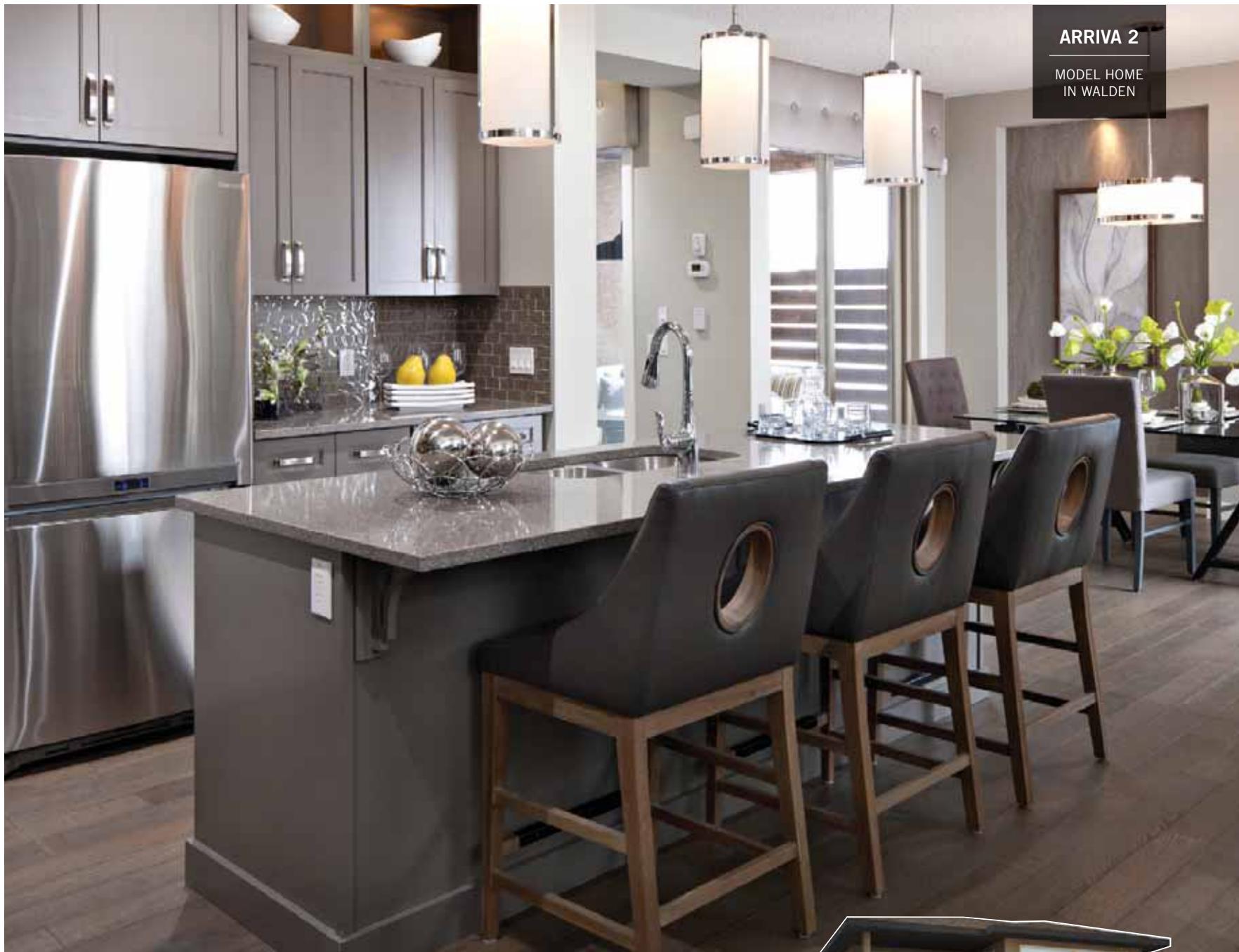
**INTRODUCING ZzzQuil™ SLEEP-AID.  
BECAUSE SLEEP IS A BEAUTIFUL THING.™**

It's not for colds.  
It's not for pain.  
It's just to help you fall asleep,  
so you can wake refreshed.  
The sleep-aid  
from the makers  
of NyQuil®.

Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children.

© Procter & Gamble, Inc., 2013





ARRIVA 2

MODEL HOME  
IN WALDEN

Stylish urban architecture lives at Walden.

LIMITED OPPORTUNITY



ESTATE HOMES  
STARTING FROM THE  
**\$515s**

Sales Centre: 14 Walden Close SE • 587.350.1129



ARRIVA 2 MODEL HOME NOW OPEN



SINGLE  
FAMILY



INNER  
CITY



CONDOS  
+TOWNS

In communities all across Calgary



Built for real life.  
[CARDELHOMES.COM](http://CARDELHOMES.COM)

**CARDEL**  
HOMES

Follow the bride's request

## She won't be upset if she doesn't have a bachelorette

Hi Charles,  
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have

turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another. Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment.

What do I do?  
Thank you,  
Michelle



CHARLES  
THE BUTLER  
askcharlesthebutler@  
metronews.ca  
For more, visit  
charlesmacpherson.com

Dear Michelle,  
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time.

Stick to your gut feelings as it appears you are on the right track!



Maybe she might enjoy just drinks with the girls without all the usual bachelorette party traditions. iSTOCK

# The wedding dress whisperer

**In demand.** Host of two wedding TV shows, Randy Fenoli seeks big-day perfection and is on a mission to make every girl's dream day a reality

MEREDITH  
ENGEL  
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road—literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

The perfect day

**"Brides want everything to be perfect and it should be! I want everything to be perfect too."**

Randy Fenoli TV celebrity and professional wedding consultant.  
On why a bride should be allowed to seek perfection on her big day.

The trick to saying, 'I do'

**"Hold the flowers down and low. Don't run down the aisle — just pause for a moment and take it all in. I hear brides say after the wedding, 'It all went so fast, I don't even remember it.' Be in the moment."**

Randy Fenoli, TV celebrity and professional wedding consultant.  
Dishing out advice to the brides of the future on how to handle themselves walking down that aisle.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:

"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

Shopping Tips

• **Know your budget.**  
"You've got to have a wedding budget. If you've allotted \$1,000 for the dress and \$1,000 for the flowers and you find a dress that's \$1,200, you're like, 'OK, what do I do? Maybe you take \$200 from your flowers and put it on your dress.'

• **Go to a reputable bridal salon.**

"You're gonna be working with this person to get your dress and to deliver it and alter it and take care of it. You want to be able to have that peace of mind."

• **Consider your options.**  
"Go in with a wedding date and a venue. Know what look you're going for ... but also keep an open mind. So many times, brides come in and say, 'I don't want strap-less, I don't want lace and I don't want beaded,' and they buy a beaded, lace, strapless dress. I see it every day."



Randy Fenoli fights for the brides he works with and seeks perfection just like any bride would. iSTOCK

watching? It should be right."

He doesn't believe in bridezillas:

"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are

watching? It should be right."

**He goes beyond the dress:**  
"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

**llalavoice**  
**VOICE**  
Where Fun...Meets Adventure  
**403.974.5555**  
Toll Free 1.866.348.5282

\$20/20 mins  
1-900-528-2543  
79¢/min Bell, Rogers, Fido | 99¢/min Virgin Mobile, Telus

**FREE TRIAL**  
**CALL NOW!**

  
LAVALIFEVOICE.COM

18+ \*Restrictions may apply

# Just a teaspoon full of orange rind helps the stir-fry to wow



ROSE REISMAN

for more, visit [rosereisman.com](http://rosereisman.com) or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bowl.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approxi-



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

mately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer

pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over

## Health Solutions

### Marinade for protection



NUTRI-BITES

Theresa Albert  
DHN, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

venting charring helps

- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

#### Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and pre-

theresa albert is a food communications specialist and private nutritionist in toronto. she is @theresaalbert on twitter and found daily at [myfriendinfood.com](http://myfriendinfood.com)

## Ingredients

- 10 oz whole wheat lsoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced
- Sauce**
- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root
- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

## Lunch. Greek-Style Turkey Burger

1. Heat the grill to medium.

2. In skillet over medium-high, heat 1 tbsp oil. Add onion and cook, stirring, until golden brown, about 5 mins. Add remaining 1/2 tbsp olive oil and spinach and cook, stirring, until spinach wilts. Season with salt and pepper, then transfer mix to bowl. Chill in refrigerator until cooled to room temp.

3. In bowl combine yogurt, mayo, pepperoncini, pepperoncini liquid, lemon juice, garlic,

## Ingredients

- 1 1/2 tbsp olive oil
- 1/2 cup finely chopped yellow onion
- 5 oz baby spinach
- Kosher salt and ground black pepper
- 1/4 cup non-fat plain Greek yogurt
- 1/4 cup low-fat mayonnaise
- 2 tbsp minced seeded pepperoncini
- 1 tbsp liquid from the pepperoncini jar
- 2 tsp lemon juice, or to taste
- 1 tsp minced garlic
- 3 oz crumbled feta cheese
- 2 tbsp chopped oregano
- 1 lb ground turkey
- 4 whole-wheat hamburger buns



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

and salt and pepper to taste. Set aside.

4. Once spinach has cooled, remove from refrigerator and add feta, oregano, ground turkey, 1/4 tsp salt and black pepper. Mix well, then shape into 4 patties, each about 1/2-inch thick.

5. Spray burgers lightly with olive oil cooking spray, then grill

over medium heat until just cooked through, about 6 minutes per side. Spread some of the yogurt sauce on the bottom half of each bun, then top with a burger. Spoon the remaining sauce over the burgers and top with the remaining bun halves. Serve. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

**ENGLISH LANGUAGE FOUNDATIONS**

# DISCOVERY DAY

TUESDAY, JUNE 11, 2013

DISCOVER YOUR OPTIONS, your future, and our campus by attending the English Language Foundations Discovery Day for new Canadians and international learners.

Join us on our main campus for tours and free information sessions on:

- English Language Foundations
- Academic Upgrading
- Prior Learning Assessment and Recognition (PLAR)
- Your Funding Options
- SAIT Polytechnic
- Learner Success Services

DISCOVERY DAY:  
Tuesday, June 11, 2013  
10 am - 2 pm

Heritage Hall, Main campus

Learn more:  
English Language Foundations  
[english.language@sait.ca](mailto:english.language@sait.ca)  
403.210.4045

CENTRE FOR ACADEMIC  
LEARNER SERVICES

FURTHER  
YOUR  
PASSION

sait.ca

**SAIT**  
POLYTECHNIC

# MAXIMIZE YOUR FERTILITY

## MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

### KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile

20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

### TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

### QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

### EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

### GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a woman's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

### STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

— Jane Doucet



MONKEY BUSINESS IMAGES/VEER

# HOW A COMMON MYTH IS BORN

## SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

- 1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will

have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low

sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

— Jane Doucet



GORNOSTA/VEER

## HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges

of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women)



WONG SZE FEI/VEER

or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exer-

cise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at [uwo.ca/fhs/EPL](http://uwo.ca/fhs/EPL).

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

—Jane Doucet

## PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are

valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby.

It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

—Jane Doucet

## RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

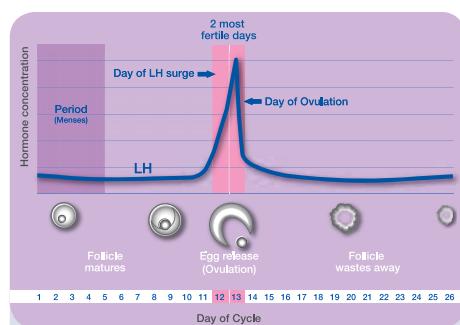
- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

# Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant<sup>1</sup>. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether<sup>2</sup>. Which eventually makes trying for a baby more tiring than exciting.



© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle<sup>3</sup>. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days<sup>4</sup> anyway.



**Luteinising hormone in your urine shows when your body is ready to release an egg.**

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or ovulate). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test<sup>5</sup>, from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate and the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at [www.clearblue.com](http://www.clearblue.com)). Once you know your

usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

**Unique Digital results that are quick and totally clear.**



LH Surge

Clearblue Digital Ovulation Test is completely natural and gives you a very effective way to find the best time to get pregnant. By taking the guesswork out of trying for a baby, it frees you to make the most of a uniquely special time.

**Maximize the chances of getting pregnant, naturally.**



**Clearblue**

Clearblue's 7 test pack is available from your Local Drug, Grocery & Mass retail store.

For more information, visit [www.clearblue.com](http://www.clearblue.com)

or call the Careline:  
**1-888-698-5039**

1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 2 Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) 3 Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 4 Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 5 Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

Clearblue is a registered trade mark of SPD Swiss Precision Diagnostics GmbH. © 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved.

Please read the information on pack and in the instruction leaflet prior to use.

Identify your most fertile days.



# Welcome her with open arms and soft touches

Pampers® Swaddlers® is the #1 choice of Canadian parents\*

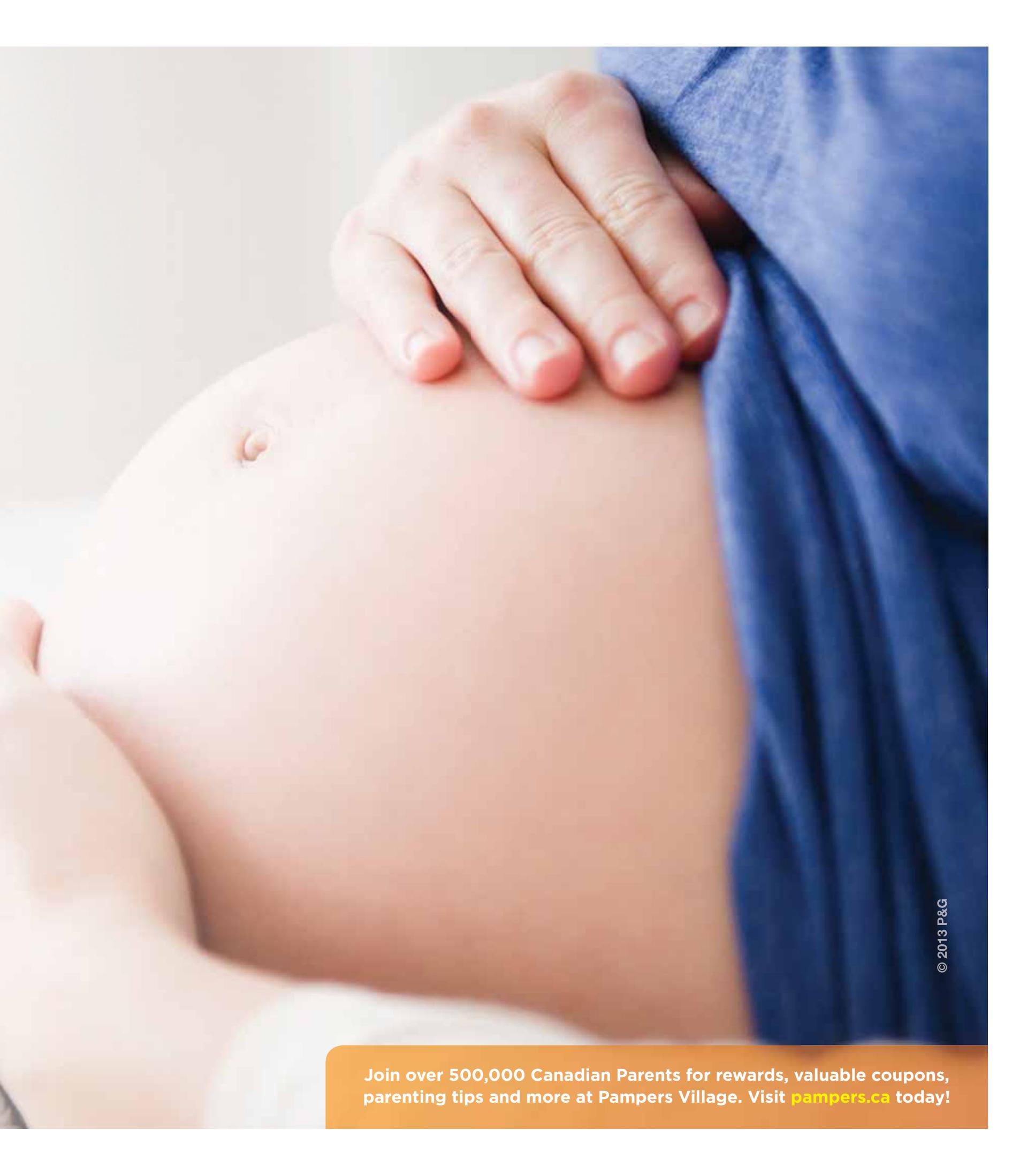


use with



When your bundle of joy finally arrives, we'll be right there with you. Pampers® Swaddlers® is the best choice for newborns, and that makes choosing the right diapers easy. With their **quilted softness**, **stretchy sides**, **overlapping fasteners** and **umbilical cord notch**, Pampers® Swaddlers® wrap your baby securely in cozy comfort. And, thanks to their **colour-changing Wetness Indicator**, you'll know when it's time to change your little darling, which means more quality time with less worry.

\*Based on Swaddlers sizes NB, 1 & 2 sales



© 2013 P&G

Join over 500,000 Canadian Parents for rewards, valuable coupons, parenting tips and more at Pampers Village. Visit [pampers.ca](http://pampers.ca) today!

# YOUR EMOTIONS ARE NATURAL

## BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of *Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth*.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to



ANDRESR/THINKSTOCK

so-called mood swings.

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event,"

Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad,

anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

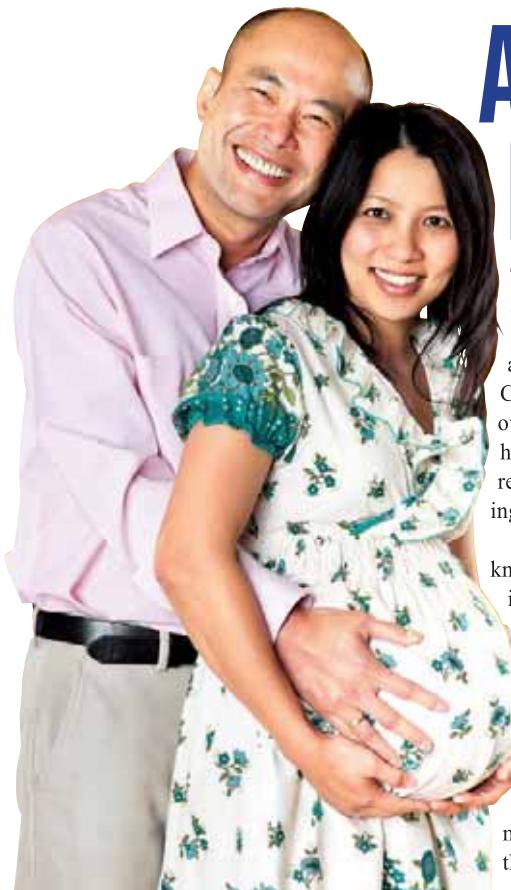
When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

— Jane Doucet



## AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH

Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's

age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

— Jane Doucet

# SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

A recent survey of female members of the Metro Panel, a reader advisory board of Metro News Group, sponsored by EMD Inc., Canada, has revealed good intentions when it comes to family planning, but that large gaps in fertility knowledge may be derailing these plans for many women.

"Today, society accepts that most couples are not in a position to start trying to have children before the age of 30," says Tim Halpen, president of Generations of Hope, an organization that fundraises to help infertile couples cover the cost of in vitro fertilization and advocates for public funding of the procedure. "Unfortunately, we as a society do not do a good job educating them on the challenges this presents."

Only 39 per cent of survey respondents felt secure enough in their knowledge of fertility to successfully plan for a family. And while 90 per cent stated they had considered when would be the best time for them to start a family, only 10 per cent had their fertility tested.

Their reasons for determining the best time for family building were well thought out. Most felt they would need to be in a stable relationship, achieve financial stability, have finished their education and be well-established in a career.

However, these goals can take time and result in many couples not trying to conceive until well past the age when fertility starts to decline. Only 25 per cent

of respondents had considered the risk of their fertility declining in deciding when to start having a family.

Many women knew fertility dropped off at a certain age but couldn't accurately pinpoint that age. Only 11 per cent correctly guessed that a woman's fertility starts to decline around age 30.

When it came to questions about in vitro fertilization (IVF), which is often the most effective and only way infertile couples can conceive, only 25 per cent of respondents guessed the price tag of one treatment cycle at \$5,000 to \$10,000. More than half said if they needed treatment they would have no idea how to pay for it.

According to Dr. Cal Greene, medical director of the Regional Fertility Program in Calgary, many IVF patients elect to transfer multiple embryos in the hope of getting the biggest "bang for their buck." However, this, too, can come at a price.

"Multiples are 17 times more likely to be born premature and to require expensive care at birth and throughout their lives," Greene says. "By having access to government-funded IVF, Quebec patients now transfer more single embryos and have healthier babies who cost the health-care system less over time."

As a result, a petition has been launched in Alberta by Generations of Hope that calls on the government to fund IVF. Approximately 20,000 signatures have been collected.

— Paula Schuck

## SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Tammy and Matt Pfeiffer have their hard-earned miracle family. But it was a long route to parenthood for the Stony Plain, Alta., couple.

The Pfeiffers began trying to conceive just before they were married. At 32, Tammy had irregular periods and tests resulted in a diagnosis of polycystic ovarian syndrome (PCOS). After several months of trying, their doctor put Tammy on oral medications. But the couple still had no luck conceiving. Tests

revealed Matt had male factor infertility on multiple levels, low count, slow motility and low volume.

Due to the PCOS and the male factor infertility, they were given a referral to a fertility clinic immediately. They continued on oral medications and did intrauterine insemination (IUI). To their surprise they got pregnant, but then they had a devastating miscarriage.

After two and a half years of trying,

### The 1 in 6 Petition Challenge: Get Involved

Find six people to sign your petition form. Send a message to the government that Albertans support public funding of infertility treatments

Today: 16,000 signatures  
Goal: 25,000 signatures

76% of Albertans support funding in vitro fertilization for good reason

- it will save Alberta healthcare dollars
- it will ensure better outcomes for moms and babies

See how...

1 in 6 Alberta families struggle with infertility

Infertility is a medical condition with a highly effective treatment. Because of the high cost of current IVF treatment, families choose to transfer multiple-embryos in hope of increasing their chance to have a baby, resulting in complicated pregnancies, complicated births, and increased healthcare costs.

Twins and triplets tend to require expensive care after birth and throughout their lives. They are 17x more likely to be born pre-term and require neo-natal care.

If IVF were funded, Alberta would save \$78,000,000 in the first five years due to a reduction in multiple births.

Get involved - Sign the Petition

Let the Alberta government know you care about Alberta families! Support publicly funded #AbHC4IVF generationsofhope.ca

they were told their last option was in vitro fertilization (IVF). But at a cost of more than \$10,000 with medications, it was daunting. The Pfeiffers sold their trailer and saved up for the price of the procedure. "It was heartbreaking to know there weren't a lot of options to becoming parents," Tammy says.

Adoption was considered, but the Pfeiffers knew costs could be high depending on the type and they worried how long it would take to be matched with a child.

On transfer day only two embryos were left. Both were transferred. After three years of trying and one miscarriage, the Pfeiffers were finally pregnant with twins. Today their babies are six months old.

"Without IVF we would not be a family," Tammy says.

Together, they found support through the journey from Generations of Hope, an Alberta infertility patient support and advocacy group.

# All your money going in the gas tank?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

What could you do with \$2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to \$2,322.

For a mid-sized car (Camry LE) the tab rises to just more than \$3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at \$1.23 a litre.

However, right now only New Brunswick enjoys \$1.23 at the pump while all the western provinces — except Alberta at around \$1.27 — are well over \$1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of \$3,500 annually



Time to fill up again! But you can save some gas money by changing a few of your driving habits. ISTOCK IMAGES

for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

#### 1. Turn off the ignition

Idling shortens the life of engine oil by as much as 75 per

cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

#### 2. Soft foot the pedal

Darting away from a stoplight consumes 40 per cent more

fuel than easing away. It also increases emissions by 400 per cent.

#### 3. Be a turtle

Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel con-

sumption. You'll arrive in about the same time and more safely.

#### 4. Don't skimp on maintenance

Regular tune-ups, lubrication and oil changes reduce engine

#### Car culture

Number of cars per 1,000 people:

- Canada. 607
- U.S. 797

wear and improve gas mileage.

#### 5. Check the pressure

Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

#### 6. Lighten up

Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between \$580 and \$750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Savings strategies for new graduates

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a

bit of effort, but it's worth it in the long run. Remember these tips:

#### Keep it simple

It should be straightforward and flexible so it can be easily modified if your income or expenses change.

#### Set your financial objectives

Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

#### Be realistic and specific about your spending

Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities,

transportation, school debt payments, entertainment, clothing, etc.

#### Stay organized

Save all of your receipts and track them against your budget.

Talk to a financial planner to help you define your short- and mid-term savings goals, assess the savings options available to you and get advice on how to get an early start on your retirement savings strategy. One of the best ways of doing this is to take advantage of dollar cost averaging, which is all about using time and consistency to grow your money.

Here's how that would look: Suzanne can contribute \$1,200 this year into her retirement savings plan. She

can either wait until she's saved up \$1,200 and invest it all at once, or contribute \$100 each month. Here's how dollar cost averaging pays off:

Lump Sum Contribution: She saves \$1,200 by the end of the year and is ready to invest. Suzanne decides to purchase mutual fund shares with a unit price of \$5. Her \$1,200 buys 240 units.

Regular Contributions: By contrast, Suzanne invests \$100 per month through regular payroll deductions. Because of market fluctuations, the cost per unit changes every month, allowing her to buy a different number of units with her monthly contributions. At the end of the year, Suzanne was able to buy 266 units, valued at \$1,330. She's now ahead by \$130. NEWS CANADA



It's as easy as following the Debt Free sign on the highway of life, right?



**Life happens**  
...we can help

Unexpected costs? Sudden changes? No problem, we can help you with a debt solution to help you manage monthly payments, keep your assets and even **reduce your debt**.

We'll work with you to find a solution.  
Contact us for a **free, no obligation consultation**:

**310-8888** or visit **gt.alger.ca**

 **Grant Thornton**

Formerly Alger & Associates  
Trustee in Bankruptcy. © A Canadian Member  
of Grant Thornton International Ltd.

Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

**Tebow New England-bound, sources say**

Quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday, a person familiar with the situation say.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

# James' shooting lame as Heat head to Texas

**NBA Finals.** League MVP's efficiency down, but secondary options stepping for Heat

Somehow, some way, the San Antonio Spurs seem to have discovered a secret that every team in the league desperately searched for all season long. They have figured out a way to slow down LeBron James.

Whether it's Kawhi Leonard's incredible wingspan, Danny Green's dogged determination or a stash of kryptonite that Tim Duncan happened upon, it's working. And yet the Spurs return home for Game 3 of the NBA Finals on Tuesday night perhaps feeling lucky to have earned a split in Miami.

James is averaging a pedestrian 17.5 points and has posted his two lowest point totals in the playoffs during the finals. One would think that's a recipe for a commanding 2-0 series lead.

But San Antonio needed an incredible shot from Tony Parker with 5.2 seconds to play in Game 1, then got blown out in Game 2 on Sunday even though the four-time MVP scored just 17 points on 7-for-17 shooting.

"He's going to score," Parker said of James after the Spurs' 103-84 loss that evened the series 1-1. "But right now

the other players, they are playing great, too. So we can't have both."

James shot an astounding 56.5 per cent during the regular season and made 103 three-pointers — the first time in NBA history someone has made that many threes while shooting a percentage that high. The improved shooting has made the six-foot-eight, 250-pound freight train almost impossible to guard, and had the Heat confident that they had the antidote for any type of defensive approach against James.

The last time the Spurs were in the finals in 2007, they won their fourth title over the Cleveland Cavaliers by daring James to shoot jumpers. It worked beautifully when James shot an abysmal 35.6 per cent in a four-game sweep.

The Spurs have essentially used the same approach this time around.

James had a triple-double in Game 1, but only scored 18 points on 16 shots in the 92-88 loss. He is shooting just 41.4 per cent from the field, is two for eight from long range and has attempted only six free throws in the first two games.

"I know I attract a lot of attention," James said. "This team has been set up the right way where when I do attract attention, we have guys that can make plays."

THE ASSOCIATED PRESS

More than just James

**"It was the whole Miami team was killing us.... It's not just that he turned it on. It was Miami that turned it on."**

Spurs guard Manu Ginobili on the Heat's 33-5 run that put San Antonio away early in the fourth quarter of Game 2 on Sunday night. Dwyane Wade kept Miami in it with 17 points through the third, Mario Chalmers' had 19 points and three three-pointers from Mike Miller fuelled the surge.



Spurs power forward Tim Duncan defends against LeBron James during Game 2 of the NBA Finals on Sunday night in Miami. San Antonio has held James to 41.4 per cent shooting in the finals, well down from his stellar 56.5 per cent shooting in the regular season. RICHARD WOLOWICZ/GETTY IMAGES

## Stout looks to mark a decade in MMA with a bang



Sam Stout celebrates after knocking out Yves Edwards at UFC 131 in Vancouver on June 11, 2011. Stout faces James Krause at UFC 161 on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Just 29, Canadian lightweight Sam (Hands of Stone) Stout is celebrating an anniversary of sorts at UFC 161.

He made his pro debut as an MMA fighter 10 years ago this month at a show in Cicero, Ill., where he was choked out in the first round by Jay Estrada.

"I do feel a little bit old sometimes," conceded the 155-pounder from London, Ont. "Especially when you see some of these younger guys coming up that are so good, in their early 20s still. It's like 'Wow, I remember when that was me.'

"But it's a cool feeling. It's something I'm proud of, the fact that I've withstood the test of time."

Stout (20-8-1) has lasted more than seven years in the UFC, making his debut at UFC 58 back in March 2006.

The only other Canadian fighters active in the UFC who started earlier are welterweight champion Georges St-Pierre (UFC 46), bantamweight Ivan (The Pride of El Salvador) Menjivar (UFC 48) and middleweight-turned-welterweight Patrick (The Predator) Cote (UFC 50).

Stout's Octagon record is 8-7 heading into Saturday's fight with James Krause (19-4) as the UFC visits the Manitoba capital for the first time. Krause, a late injury replacement for Isaac Vallie-Flagg, is making his UFC debut after going 0-2 in the WEC.

Stout has alternated wins and losses his last five fights but has kept his place in the organization because he always comes ready to bang. He has won six bonuses, one for knockout of the night and five for fight of the night.

THE CANADIAN PRESS

4  
SPORTS

# Championship plot thickens

The Stanley Cup final opens Wednesday in Chicago as the Blackhawks host the Bruins. Here are five storylines to watch:

THE CANADIAN PRESS

Photos by Getty Images



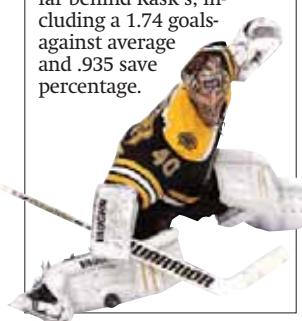
## Original Six returns

It's the first time two Original Six teams are meeting in the Stanley Cup final since the Montreal Canadiens beat the New York Rangers in 1979. More than anything else, Boston and Chicago being back in the final speaks to the revitalization of two historic hockey towns that, until recently, hadn't experienced this kind of success in decades.

## Conn Smythe watch

David Krejci is scoring at a remarkable pace, but he's still not the Conn Smythe front-runner for the Bruins. Goaltender Tuukka Rask has a playoff-best .943 save percentage and two shutouts, and he stifled the Pittsburgh Penguins in the Eastern Conference final.

Chicago goalie Corey Crawford's numbers aren't far behind Rask's, including a 1.74 goals-against average and .935 save percentage.



## Goalie change

Rask was on the bench two years ago when Thomas carried the Bruins to the Stanley Cup with a 1.98 goals-against average and .940 save percentage.

Crawford doesn't have a ring from 2010, but after splitting duties with Ray Emery during the regular season, Crawford has the reins for the Blackhawks in the post-season. He could start making a nice career for himself after this impressive run.

## Power outage

The Bruins and Blackhawks have plenty of offensive firepower, but the conference finals didn't feature a whole lot of anything on the power play.

Even in breezing into the cup final, Boston and Chicago combined to go 1-for-27 on the power play in the last round. The Blackhawks were 1-for-14, while the Bruins were 0-for-13.



## Chara effect

Few defencemen can change the complexion of a game or series like the six-foot-nine Zdeno Chara, who, despite a lack of mind-blowing stats, should be a Norris Trophy finalist every year.

Chara skates almost 30 minutes a game and is a factor in every situation. Along with Rask, he played a huge role in the Bruins holding Penguins stars Sidney Crosby and Evgeni Malkin to zero points.

NHL

Shape up or ship out, new Oilers head coach Eakins warns

The new coach of the Edmonton Oilers has already delivered a message to his team: Get fit or get out.

"I think there may be some big adjustments for the players, with me coming in here," Dallas Eakins said at his introductory press conference.

"I want players to be so fit that a forward, if I ask him to play 26 minutes that night, he's going to play 26 minutes at a high level."

"That is something that I'm passionate about that will be probably a bit of a challenge on the buy-in. But it's non-negotiable, and there will be buy-in."

Eakins, 46, who replaces the fired Ralph Krueger, comes to the Oilers after spending four years as an AHL coach in Toronto, where he led the Marlies to the 2012 Calder Cup final.

THE CANADIAN PRESS

## Turban ban

## CSA suspends Quebec federation

The Canadian Soccer Association says it has suspended a provincial association over its refusal to let turban-wearing children play.

The organization says it had to intervene because the Quebec Soccer Federation showed no sign of overturning its decision to restrict turban-wearing Sikhs from the pitch.

"The Quebec Soccer Federation's inaction has forced us to take measures in order to ensure soccer remains accessible to the largest number of Canadians," it said in a statement Monday night.

The national organization said last week it expected the Quebec association to reverse the ban, which has drawn international news coverage and condemnation from several federal politicians.

Quebec's federation says it's concerned about safety.

The Canadian association says it will lift the suspension once it has proof the Quebec federation has revoked the ban.

THE CANADIAN PRESS

## Tragedy at the track. Volunteer remembered as fanatic of F1 circuit

The volunteer marshal killed at the Canadian Grand Prix was a Formula One "fanatic" who died serving the sport he loved.

Mark Robinson was crushed by a crane on Montreal's Circuit Gilles Villeneuve following the Sunday race. The 38-year-old Montrealer, who gave his free time to the annual event every year over the last decade, was pronounced dead in hospital a couple of hours later.

One of Robinson's childhood friends told The Canadian Press that his pal watched every possible F1 race on TV—even at all hours of the night—and taped any event he couldn't watch live.

He would even re-watch the events in English and French to compare the sportscasters' commentary.

Marty Devney said the sport had long been a big part of Robinson's life, a passion that soared to new heights when Canadian driver Jacques Villeneuve starred in F1 in the mid-to-late 1990s.

"F1 for him was kind of like getting a chance to be a roadie for the Rolling Stones once a year," Devney said



Track workers remove a car after a crash at the Canadian Grand Prix on Sunday in Montreal. A worker was crushed by a crane and died in hospital. THE CANADIAN PRESS

about Robinson, whom he had known since they were teenagers growing up in the Laurentians, north of Montreal.

"He thought about it, talked about it. For a quiet guy, if you started talking F1 with this guy, you wouldn't be able to quiet him down."

Devney, who also lived with Robinson for three years, said his friend kept every bib and piece of memorabilia he collected from working at past races. He said he always looked forward to reuniting with other annual volunteers at the track. THE CANADIAN PRESS

## NHL PLAYOFFS

### STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

Wednesday's game

Boston at Chicago, 8 p.m.

Saturday's game

Boston at Chicago, 8 p.m.

Monday, June 17

Chicago at Boston, 8 p.m.

Wednesday, June 19

Chicago at Boston, 8 p.m.

Saturday, June 22

x-Boston at Chicago, 8 p.m.

Monday, June 24

x-Chicago at Boston, 8 p.m.

Wednesday, June 26

x-Boston at Chicago, 8 p.m.

x — played only if necessary

### SCORING LEADERS

|               | G | A  | Pts |
|---------------|---|----|-----|
| Krejci, Bos   | 9 | 12 | 21  |
| Horton, Bos   | 7 | 10 | 17  |
| Malkin, Phi   | 4 | 12 | 16  |
| Letang, Phi   | 3 | 13 | 16  |
| Crosby, Phi   | 7 | 8  | 14  |
| Sharp, Chi    | 8 | 6  | 14  |
| Hossa, Chi    | 7 | 7  | 14  |
| Kane, Chi     | 6 | 8  | 14  |
| Bickell, Chi  | 8 | 5  | 13  |
| Voynov, LA    | 6 | 7  | 13  |
| Carter, LA    | 6 | 7  | 13  |
| Marchand, Bos | 4 | 9  | 13  |
| Lucic, Bos    | 3 | 10 | 13  |

## NBA PLAYOFFS

### FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(Series tied 1-1)

Sunday's result

Miami 103 San Antonio 84

Thursday's result

San Antonio 92 Miami 88

Tuesday's game

Miami at San Antonio, 9 p.m.

Thursday's game

Miami at San Antonio, 9 p.m.

Sunday's game

Miami at San Antonio, 8 p.m.

Tuesday, Jun. 18

x-San Antonio at Miami, 6 p.m.

Thursday, Jun. 20

x-San Antonio at Miami, 9 p.m.

## NHL PLAYOFFS

### AMERICAN LEAGUE

EAST DIVISION

|           | W  | L  | Pct  | GB |
|-----------|----|----|------|----|
| Boston    | 39 | 25 | .609 | —  |
| New York  | 37 | 26 | .587 | 1½ |
| Baltimore | 36 | 28 | .563 | 3  |
| Tampa Bay | 34 | 28 | .548 | 4  |
| Toronto   | 27 | 35 | .435 | 11 |

### CENTRAL DIVISION

|             | W  | L  | Pct  | GB |
|-------------|----|----|------|----|
| Detroit     | 35 | 27 | .565 | —  |
| Cleveland   | 30 | 33 | .476 | 5½ |
| Kansas City | 29 | 32 | .475 | 5½ |
| Minnesota   | 27 | 33 | .450 | 7  |
| Chicago     | 27 | 34 | .443 | 7½ |

### WEST DIVISION

|             | W  | L  | Pct  | GB  |
|-------------|----|----|------|-----|
| Texas       | 38 | 25 | .603 | —   |
| Oakland     | 38 | 27 | .585 | 1   |
| Los Angeles | 27 | 37 | .422 | 11½ |
| Seattle     | 27 | 37 | .422 | 11½ |
| Houston     | 22 | 42 | .344 | 16½ |

### MONDAY'S RESULTS

Baltimore 4 L.A. Angels 3

Texas 6 Cleveland 3

Kansas City 3 Detroit 2

Boston at Tampa Bay

Toronto at Chicago White Sox

Houston at Seattle

Sunday's results

Texas 6 Toronto 4

Detroit 4 Cleveland 1

Boston 10 L.A. Angels 5

Baltimore 10 Tampa Bay 7

Chicago White Sox 4 Oakland 2

Kansas City 2 Houston 0

N.Y. Yankees 2 Seattle 1

Tuesday's games

All times Eastern

L.A. Angels (Vargas 5-3) at Baltimore

(Gonzalez 3-2), 7:05 p.m.

Boston (Lester 6-2) at Tampa Bay (Hernandez 3-6), 7:10 p.m.

Cleveland (Kluber 3-4) at Texas (Holland 5-2), 8:05 p.m.

Philadelphia (Hamels 2-9) at Minnesota

(Walters 2-1), 8:10 p.m.

Toronto (Wang 0-0) at Chicago White Sox

(Quintana 2-0), 8:10 p.m.

Detroit (Scherzer 8-0) at Kansas City (Davis 3-5), 8:10 p.m.

N.Y. Yankees (Sabathia 6-4) at Oakland

(Colon 7-2), 10:05 p.m.

Houston (Norris 5-5) at Seattle (Harang 2-6), 10:10 p.m.

Wednesday's games

San Francisco 6 Miami 1

Cincinnati 6 Chicago Cubs 2

Atlanta at San Diego

Arizona at L.A. Dodgers

Sunday's results

Miami 8 N.Y. Mets 4 (10)

Washington 7 Minnesota 0

Milwaukee 9 Philadelphia 1

Chicago Cubs 4 Pittsburgh 1

Atlanta 8 L.A. Dodgers 1

Colorado 8 San Diego 7 (10)

San Francisco 6 Arizona 2

Washington 5 Minnesota 4

St. Louis 11 Cincinnati 4 (10)

Tuesday's games

All times Eastern

San Francisco (Lincecum 4-5) at Pittsburgh

(Cole 0-0), 7:05 p.m.

St. Louis (Wacha 0-0) at N.Y. Mets (Hefner 1-5), 7:10 p.m.

Milwaukee (Peralta 4-7) at Miami (Turner 1-0), 7:10 p.m.

Cincinnati (Cingrani 2-0) at Chicago Cubs

(Garza 1-0), 8:05 p.m.

Washington (Haren 4-7) at Colorado (Chacin 3-4), 8:40 p.m.

Atlanta (Hudson 4-5) at San Diego (Cashner 4-3), 10:10 p.m.

Arizona (Kennedy 3-4) at L.A. Dodgers

(Greinke 3-1), 10:10 p.m.

NHL

Shape up or ship out, new Oilers head coach Eakins warns

The new coach of the Edmonton Oilers has already delivered a message to his team: Get fit or get out.

"I think there may be some big adjustments for the players, with me coming in here," Dallas Eakins said at his introductory press conference.

"I want players to be so fit that a forward, if I ask him to play 26 minutes that night, he's going to play 26 minutes at a high level."

"That is something that I'm passionate about that will be probably a bit of a challenge on the buy-in. But it's non-negotiable, and there will be buy-in."

Eakins, 46, who replaces the fired Ralph Krueger, comes to the Oilers after spending four years as an AHL coach in Toronto, where he led the Marlies to the 2012 Calder Cup final.

THE CANADIAN PRESS

**Horoscopes****Aries****March 21 - April 20**

You don't lack for confidence and you won't hesitate to tell others when they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

**Taurus****April 21 - May 21**

Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

**Gemini****May 22 - June 21**

Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

**Cancer****June 22 - July 23**

Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

**Leo****July 24 - Aug. 23**

A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

**Virgo****Aug. 24 - Sept. 23**

You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

**Libra****Sept. 24 - Oct. 23**

Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

**Scorpio****Oct. 24 - Nov. 22**

You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

**Sagittarius****Nov. 23 - Dec. 21**

Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

**Capricorn****Dec. 22 - Jan. 20**

How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

**Aquarius****Jan. 21 - Feb. 19**

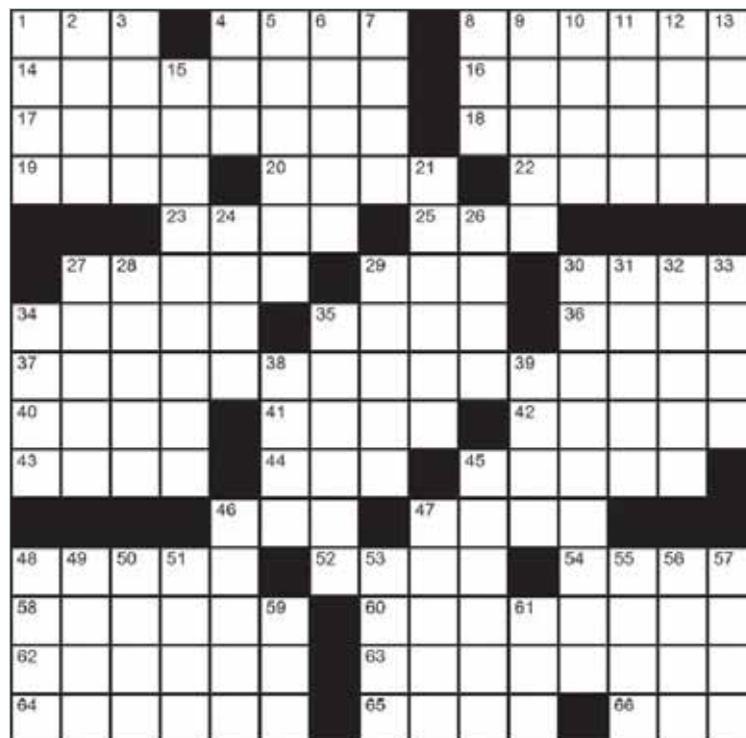
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

**Pisces****Feb. 20 - March 20**

Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it. Not everyone can be a big-hearted Pisces. **SALLY BROMPTON**

**Crossword: Canada Across and Down****Across**

1. \_\_\_ vapeur (Steamed, restaurant style)  
4. Ontario's Casino \_\_\_  
8. Piles  
14. Tires company  
16. Esoteric  
17. \_\_\_ Sea (Arctic Ocean part)  
18. Cape \_\_\_ Nunavut  
19. "Correct me \_\_\_ wrong, but..."  
20. Canada Geese flying formations  
22. \_\_\_ out (Distributes)  
23. Pizzeria products  
25. L'il kitchen measurement  
27. Put into a cell  
29. Fam. member  
30. "Born Free" (1966) lioness  
34. \_\_\_ a fox: 2 wds.  
35. Remarked  
36. Plunges  
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.  
40. Farm sound  
41. Boundary  
42. Dick \_\_\_ legendary Montreal Canadiens coach  
43. Golfer's props  
44. Compete  
45. "Kathy Griffin: My Life on the \_\_\_"  
46. Currency in Romania  
47. Regard  
48. Mindful  
52. Greek Myth:

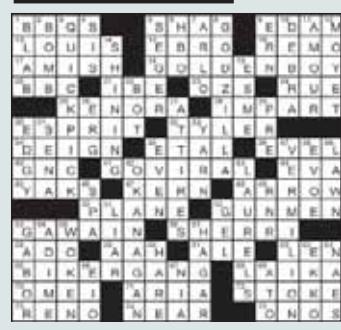


Pleiades sister  
54. Ms. Minnelli  
58. Newspaper article length  
60. Ottawa university  
62. Stellar  
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.  
64. Canadian \_\_\_

(Region of rocks)  
65. Week parts  
66. Bob \_\_\_ (Liberal politician)  
68. \_\_\_ (Prefix to 'dextrous' (Skilled at right/left hand use))  
70. Poet's 'willingly'  
72. Health food berry

4. CFL official  
5. Billy Idol's "To Be \_\_\_"  
6. Swampy spots  
7. Poker stake  
8. Clown face expression  
9. Badly defeat  
10. Territorial measure  
11. Show's group of

actors  
12. Pants part  
13. Arranges  
15. Some whales  
21. Hit the picket line  
24. Phantom of the Opera tune: "All \_\_\_ of You"  
26. Kim Mitchell hit: "Go for \_\_\_"  
55. Roman road  
56. Author, \_\_\_ Neale Hurston  
57. Newfoundland: L' \_\_\_ aux Meadows  
59. Long ago time  
61. Vegas partner

**Yesterday's Crossword****Sudoku****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Yesterday's Sudoku**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 4 | 5 | 9 | 2 | 8 | 3 | 6 | 7 |
| 9 | 2 | 3 | 6 | 7 | 1 | 5 | 4 | 8 |
| 7 | 8 | 6 | 4 | 3 | 5 | 1 | 2 | 9 |
| 6 | 3 | 1 | 8 | 4 | 7 | 2 | 9 | 5 |
| 4 | 7 | 8 | 2 | 5 | 9 | 6 | 1 | 3 |
| 2 | 5 | 9 | 1 | 6 | 3 | 7 | 8 | 4 |
| 8 | 1 | 7 | 5 | 9 | 6 | 4 | 3 | 2 |
| 3 | 6 | 4 | 7 | 8 | 2 | 9 | 5 | 1 |
| 5 | 9 | 2 | 3 | 1 | 4 | 8 | 7 | 6 |

|   |   |   |   |   |     |
|---|---|---|---|---|-----|
| 5 | 3 | 6 | 8 | 9 | 4   |
| 2 | 8 |   |   |   | 1 3 |
|   | 7 | 2 | 6 | 4 |     |
| 2 |   | 8 |   |   | 7   |
| 9 | 5 | 7 | 3 |   |     |
| 4 | 7 |   |   |   | 9 2 |
| 3 | 1 | 4 | 2 | 8 | 6   |

**Weather****TODAY****WEDNESDAY****THURSDAY**MAX: 14°  
MIN: 6°MAX: 20°  
MIN: 8°MAX: 17°  
MIN: 8°

**ANDREW SCHULTZ**  
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."  
**WEEKDAYS 5:30 AM**



Slate Top Pub Table - ~~Reg \$699~~ \$399  
Bar Stools - \$199 ea.

**ROSSINI'S**  
FURNITURE

Blackfoot Trail & 46 Ave. SE  
**403.259.4448**  
[rossinis.com](http://rossinis.com)

Stylish urban  
architecture lives  
at Walden.

Sales Centre: 14 Walden Close SE • 587.350.1129

ESTATE HOMES  
STARTING FROM THE

**\$515s**

walden  
park

**CARDEL**  
HOMES  
Built for real life.  
[CARDELHOMES.COM](http://CARDELHOMES.COM)



See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

27. Miss \_\_\_, "Dallas" matriarch  
28. The Gershwin musical, \_\_\_, and Only  
29. Freight-carrying boat  
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.  
31. Actor Mr. Schreiber's  
32. Divvy up  
33. PGA part, for short  
34. Sean Connery, for one  
35. Dietary concern  
38. "\_\_\_ Only Just Begun" by The Carpenters  
39. Egypt's river  
45. In a heartfelt way  
46. "Street \_\_\_" (1987 to 1994 Canadian series)  
47. Princess \_\_\_, William and Harry's mum  
48. Regrettably  
49. Hope for  
50. \_\_\_aging cream  
51. Unique  
53. Music style, \_\_\_ rock  
55. Roman road  
56. Author, \_\_\_ Neale Hurston  
57. Newfoundland: L' \_\_\_ aux Meadows  
59. Long ago time  
61. Vegas partner



# There are better ways to make your voice heard

What's the point of making a statement, giving a speech or even talking if no one is listening?  
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.



Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at [metropolitanpanel.ca](http://metropolitanpanel.ca), choose your country and join the global conversation!

**[metropolitanpanel.ca](http://metropolitanpanel.ca)**



Metropolitan  
**Panel**